**How to Support Your Mind**

**Caring for our mind is important.** This is doubly true when we are working through a mental illness such as anxiety or depression. Our doctors and counselors can help us in many ways, but we are not powerless. *How we care for our bodies, spend our time, and think drastically effects our mind.* **This handout is a tool for you** to find a way to support your mind. We all like different things, so use this tool to find what works for you.

**Go through the questions and try to commit to a small change that you can make today.**

1. **Pick a resource you like from the back of this page**
2. **Describe why it is important for you to make this change**
3. **Describe the steps you can make today**
4. **List three things that could interfere**
5. **How important is this to you?**



1. **How confident are you that this can and will be done?**

**Exercise:**

Go for a walk for 5 minutes three times per day, maybe do this with a friend

Yoga – Moodra yoga in South Hero 16$/session

Gyms

* Planet fitness – cheapest option (St. Albans 802-582-4149, So. Burl 802-863-8910)
* Snap Fitness (802-891-6364)
* Ultimate Fitness (802-893-7811)

Your own idea!

**Meditation and Mindfulness**

* https://www.calm.com/ (**free**, website)
* https://www.headspace.com/ (5$/mo, phone app)
* https://insighttimer.com/ (free, phone app)
* https://www.youtube.com/user/TheHonestGuysGyms (youtube channel, **free**). You can also search youtube for something like “10 minute guided meditation,” and find one that works for you.

**Getting Good Sleep (pick one maybe)**

* **Set a regular bed time, de-caffeinate, exercise, only use your bed for sleep, reduce screen time before bed or set them to night mode.**
* **CBT-I Coach App:** <https://itunes.apple.com/us/app/cbt-i-coach/id655918660?mt=8>

**Other**

* Reach out and connect with friends or family
* **Get a pet**! Animals can be great friends and be healthy for your mind.
* **Anxiety Meetup Group** meets monthly near Hinesburg, VT
<https://www.meetup.com/Anixety-Meetup/>
* **The Pathways Vermont Community Center Meetup Group**
https://www.meetup.com/The-Pathways-Vermont-Community-Center

“Adults looking for peer-to-peer connection and mental health support, help with the employment search, community, groups, and a welcoming and resourceful space! Everything in the center is FREE.”

* **Nutrition Book**: Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection