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Play and staying active is important, but practicing mindfulness is also a great way to reduce stress and boost your mental wellness during uncertain times. That's why Upower has come up with the Uhome mindfulness packet to help you manage stress and mental health.

- Upower Resources Page - <https://www.u-power.org/resources/>
- King County Play Equity Coalition - [www.kcplayequity.org/covid19/](http://www.kcplayequity.org/covid19/)
- Society for Adolescent Health and Medicine - <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx#Friendly>
- Teen Link - <https://www.teenlink.org/resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx#Friendly>
- Center for Youth Wellness - <https://centerforyouthwellness.org/wp-content/uploads/2020/04/Domains-of-Wellness-Activities-and-Links.pdf>

Mindfulness helps us become aware of experiences inside and outside of our body, center ourselves, build confidence and reduce stress and anxiety. Mindfulness is beneficial whether you do it for 5 minutes or an hour but is most effective when practiced regularly and often. Try incorporating some of these techniques into your daily routine, like when starting your day or getting ready for bed! Most importantly, listen to your own body and make it fun!



## WRITE IT AWAY!

<https://www.nami.org/Blogs/NAMI-Blog/January-2019/How-to-Use-Journaling-as-a-Coping-Tool#:~:text=Journaling%20may%20not%20solve%20the,they%20can%20continue%20those%20actions.>

Journaling is a great way to increase emotional awareness, reflect on your needs and create self-care plans. Journaling can be helpful when you're having bad days, and when you're having good days! You can write in a journal to yourself. You can write your

**SEE BACK!**

thoughts in the form of a letter addressed to someone else, whether you send it or not. You can write with different colors and include drawings and doodles! Approach your writing with curiosity, try to avoid judgement or expectations. Whatever you do, be creative and make it fun! Here are some writing prompts to get you started!

## Gratitude & Forgiveness

Write a letter to someone in your life expressing gratitude. Showing gratitude helps us appreciate the good things people can do for us, and the good things that we can do for others. Focusing on gratitude helps shift our minds towards positive thoughts and reduces negative thinking. Or, write a letter to someone expressing forgiveness. When people hurt us, it is easy to hold on to feelings of anger or resentment, but those feelings may cause us stress too. Even if forgiveness is difficult sometimes, practicing forgiveness can open up mental space for more positive thoughts and help us move past hurtful experiences. Whether you write about gratitude or forgiveness, if you choose to send your letter or not, write about what you are feeling and why, and pay attention to how you feel as you write.

## Self-Affirmation

<https://theblissfulmind.com/positive-affirmations-list/>

Sometimes it feels like the world is tearing us down, but we can actively work to build ourselves back up by practicing self-affirmations! Self-affirmations are positive statements or phrases that combat negative thoughts. Self-affirmations are a great way to remind ourselves of our strengths and the things that make us feel good and are a great tool when facing challenges in the future. Here are a few to get you started but check out the link for more or create your own!

- I feel grounded and connected to my body when\_\_\_\_\_
- I feel safest when\_\_\_\_\_
- I am proud of myself for\_\_\_\_\_
- I feel most loved when\_\_\_\_\_
- I find joy in\_\_\_\_\_
- I feel most supported when\_\_\_\_\_
- I need to take responsibility for\_\_\_\_\_
- I feel strongest when\_\_\_\_\_



*In consideration of receiving this equipment and information, I recognize that this information cannot be used to officially diagnose or treat mental illness. I release from liability and waive my right to sue Upower, its officers, volunteers, employees and agents (collectively, "Upower") from any and all claims arising from my acceptance or use of the equipment and information, or the acceptance or use of the equipment and information by my minor children. On behalf of myself and my minor children, I release Upower from all liability, waive my right to sue Upower and assume all risk of accepting or using the equipment and information.*

*If you are in crisis or in need of mental health support, please call the King County 24-hour crisis line at 1-866-427-4747 or visit their website at <https://www.crisisconnections.org/24-hour-crisis-line/>*

**Stay safe and be well!**

*brought to you by your friends at Upower*