



@upowerkingco



@upower_org

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/
- 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!



STRESS CATCHER!

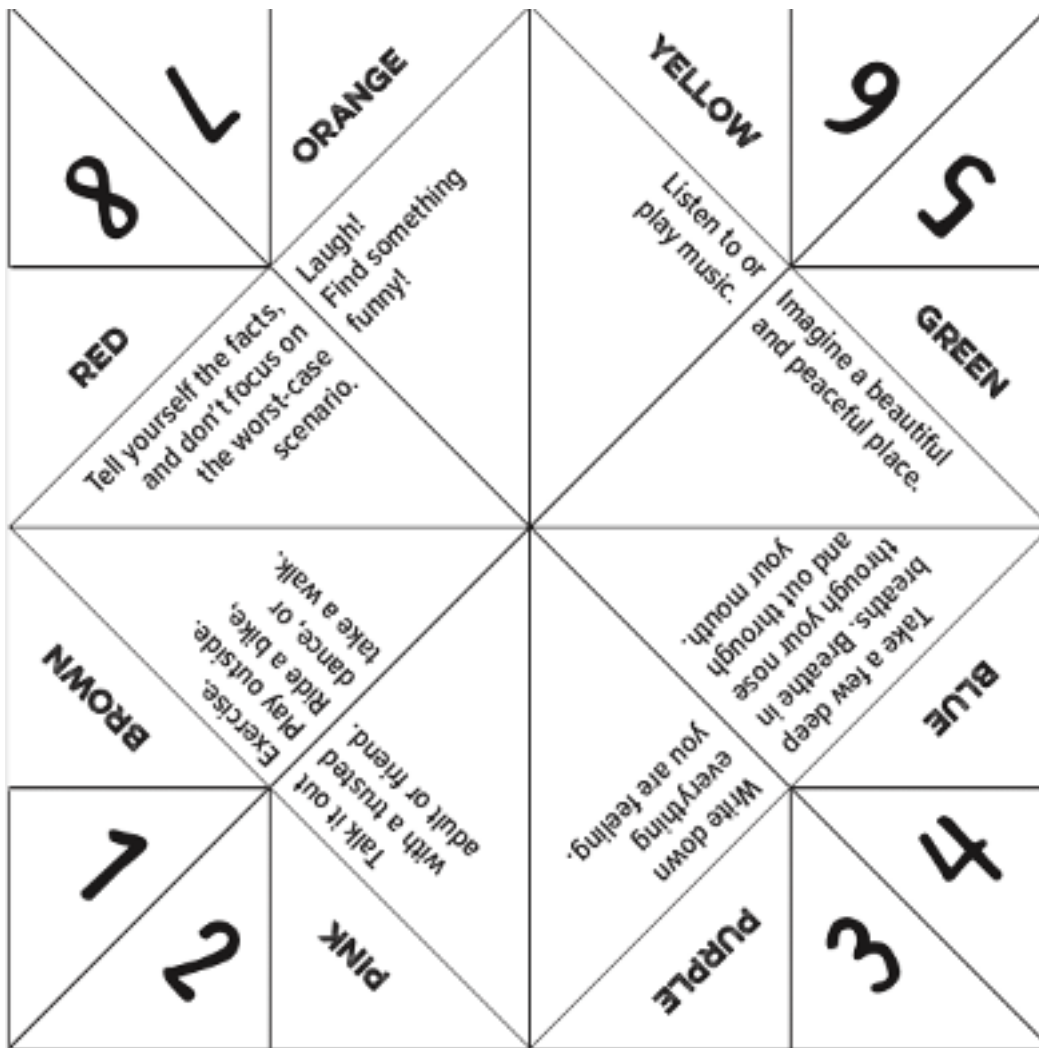
<https://www.nimh.nih.gov/health/publications/stress-catcher/index.shtml>

Stress affects us all and can come from a variety of different sources- school or work, family or friends, big life changes or events. If we have too much stress in our lives, there can be real, negative health implications. That is why it is so important to find ways of identifying things that contribute to our stress, and methods for reducing stress. Use this Stress Catcher to get started!

see back...

1. Flip to the back of this packet (last page, page #). Color the stress catcher and cut out the square.
2. Place the stress catcher face down. Fold each corner to the opposite corner, and then unfold to create two diagonal creases in the square.
3. Fold each corner toward the center of the square so that the numbers and colors are facing you. Turn over the square, and again fold each corner into the center so that the color names are visible.
4. Fold the square in half so that the color names are touching, and the numbers are on the outside. Now open it and fold it in half the other way.
5. Insert your thumb and first finger of each hand (pinching motion) under the number flaps. Close the stress catcher so only the numbers show.

To use, pick a number, open and close the Stress Catcher that number of times. Next, pick a color and spell out the color name, opening and closing the Stress Catcher for each letter. Then, pick a color that is visible and open the flap. Read what it says and practice the stress-catching strategy! Repeat until you've tried them all!



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