

RESOURCES

The following is a list of resources that might be helpful if you find yourself needing support as you process the content in this module.

MN MENTAL HEALTH CRISIS

Call **CRISIS (**274747) from a cell phone to talk to a team of professionals who can help you.

Text "MN" to 741741. Crisis Text Line offers free help for those who are having a mental health crisis or are contemplating suicide. Services are available 24/7 across Minnesota.

MN WARMLINE

The Minnesota Warmline is a safe, anonymous, confidential, and free hotline open 12pm-10pm Monday-Saturday. Call toll Free 855-WARMLINE or text "Support" to 85511.

MN HEALING JUSTICE NETWORK

The Minnesota Healing Justice Network is an intergenerational community of healers and cultural workers that center black and brown wellness through mutual aid, holistic care, and solidarity work. Find a list of MN IBPOC health and wellness providers [HERE](#).

MN TRAUMA PROJECT

The Minnesota Trauma Project has put together a list of local (to Minnesota) resources for healing. The list include various types of therapy (music, movement, psychotherapy), support groups, acupuncture, homeopathy, massage, yoga, etc. Find the list [HERE](#).

SAMHSA'S NATIONAL HELPLINE

1-800-662-HELP (4357) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Body Scan

A body scan is a simple progressive relaxation technique. Taking your mind within and connecting with the muscles and muscle groups can bring about deep relaxation and a sense of peace and stillness.

Try it on your own with these instructions:

- Lie on your back with your legs extended and arms at your sides, palms facing up.
- Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe.
- Be aware of any sensations, emotions or thoughts associated with each part of your body.

Or, try a guided body scan [here](#).

Grounding Techniques

Grounding techniques help induce relaxation by focusing us on the present moment and all of the sensations associated with it.

Try a sensory check, a grounding technique, on your own with these instructions:

Find an area you can be alone and feel safe and comfortable. As you sit or stand in this space, begin to take slow breaths in and out. Notice what it feels like where you are standing/sitting (what does it feel like where your body connects with the ground). Notice what you are seeing (what is in the room). Notice what you are hearing (is there noise where you are, or nearby that you can hear, what does it sound like). Notice anything you are smelling (are there scents in the room). Notice any sensations in your mouth (dryness or hydration, certain tastes etc). As you slowly breathe in and out try to really tune into each sensation.

Deep Breathing

Deep breathing is a simple yet profound practice that can be done anytime and anywhere. Deep breathing lowers our heart rate, regulates blood pressure, decreases stress hormones circulating in our bodies, and increases relaxation. Deep breathing consists of taking slow breaths in and out making sure that our stomach is rising and falling rather than our chest. To make sure you're breathing from your stomach you can try lying with a small object on your stomach and make sure it goes up towards the ceiling as you breathe in.

Try box breathing, a deep breathing exercise, with the instructions below:

- Sit or lie down in a relaxed position.
- Slowly inhale through your nose, filling your lungs completely without strain, counting to four as you do so.
- Hold the breath while counting slowly to four.
- Slowly exhale and release the breathe through your mouth, again counting to four as you do so, getting all the oxygen out of your lungs.
- Hold the breath out for the count of four.
- Repeat this inhale/hold/exhale/hold process five to ten times.

Progressive Muscle Relaxation

Progressive Muscle Relaxation is a technique where you focus on tensing and then relaxing muscle groups throughout the body. When a muscle is intentionally tensed for a period of time, it ends up being more relaxed afterwards than it initially was. With experience you can become more aware of when and where you experience tension in your body and how to relax.

Try progressive muscle relaxation with the instructions below:

- Sit or lie down in a comfortable position.
- Breathe in, and tense the muscles in your hand by making a fist (tense hard but not to the point of pain or cramping) for 5-10 seconds.
- Breathe out, then completely relax the muscle group.
- Relax for 10-15 seconds and then move to other muscle groups one by one (wrists, shoulders, face, neck, stomach, legs, ankles, etc.). Notice the difference between how the muscles feel when they are tense and how they feel when they are relaxed.

Additional mindfulness exercises can be found within the following apps:

- InsightTimer (free)
- SmilingMind (free)
- MyLife Meditation (free)
- Calm

ADDITIONAL CALMING STRATEGIES

Mindfulness practices often take intentional effort and practice on our part to engage with; however, if we have our own histories with stress and trauma, sitting still and being present to our own body can feel very uncomfortable. If you find any of the above strategies triggering, here are some other things that may help relax your body and mind.

Movement/ Exercise

When you experience overwhelming emotions, energy builds up in your body, so it can be helpful to release this energy by doing a short but intense work-out. It can be as simple as getting on your feet and doing one of the following: go for a walk/run outside, do jumping jacks in place, run up and down some stairs. You can also try jumping rope, dancing around or lifting weights (if you have them). Try some sort of intense exercise for a short time period.

Temperature

Temperature impacts our bodies.

When we experience overwhelming emotions, our heart rate increases. Cooler temperatures decrease our heart rate, so to gain a sense of calm you can try splashing your face with cold water, walk outside on a chilly day, or take an ice cube and hold it in your hand or rub it around your face. When we experience feelings of depression, sadness or anxiety, our heart rate lowers. Warmer temperatures increase your heart rate so to gain a sense of calm you can try taking a hot bath, curling up in a blanket, going outside on a hot day, or drinking something warm.

Music

Music can have a profound effect on both the emotions and the body. Research has shown that music with a strong beat stimulates the brain and ultimately causes brainwaves to move with the rhythm. Slow beats encourage the slow brainwaves that are associated with calm and meditative states and can quiet your mind and relax your muscles. Faster beats may encourage more alert and concentrated thinking.

Upbeat music can make you feel more optimistic and positive about life. Explore what music works best for you!

Art/Creative Outlets

Studies done on the impact of art and active creativity on the brain have shown that dopamine levels (which are often low in folks with anxiety, depression, and excessive stress) often increased in patients who had newly creative outlets. Try one of the following ways to get creative:

- scribble or doodle
- make a collage
- color in a coloring book
- take photographs
- sculpt something with clay
- re-arrange things in your home