



Mental Health Care Package



With the current circumstances, we understand how hard it can be living through a pandemic. We created this package to help you cope with the situation and share ways to help you take care of yourself no matter where you are across the globe.

Activities

1) [Deep Breathing](#): By regularly practicing deep breathing, you will be able to connect with your body and drive the stress away from your mind. During moments of unavoidable high stress, find a quiet place in order to meditate and drive the stress away with deep breathing.

[Click Here](#) to access Apps such as Mindfulness (Available on the iOS app store), which provides free as well as paid deep breathing exercising and meditation that are effective.

2) [Yoga](#): It makes you mindful and much more alerted. It also builds up confidence, and helps with your breathing as it also boosts strength and endurance.

Here are some classes on Youtube to overcome mental disorders that were resulted by trauma. [Click here](#) for instructor Mariya, and [here](#) for instructor Adriene that focuses on stress and anxiety.

3) [Exercises](#): that range from simple walking to salsa dancing have been proved to play a great role in mental health. They not only reduce anxiety, depression, and negative spiraling moods, but they also improve self-esteem, cognitive function, and social withdrawal. Other benefits include distractions, social interaction, and self-efficacy. It improves sleep, endurance, stress relief, mood, and mental alertness.

4) Play a friendly game of football/volleyball/basketball or any other sport with your family or friends.

5) Reading: Reading literary fiction increases our ability to be empathetic towards others. Furthermore, an Oxford University study states that reading sends boosters to our brain that boost up our mental health.

6) Learn how to cook some new [recipes](#)!

Games

- 1) A game to help cope with anger and help identify anger triggers.
["Barometer"](#).
- 2) A game to help cope with anxiety. It helps describe the symptoms of panic attack and provides tips on how to get through it.
["Anatomy of a Panic Attack"](#).
- 3) A game to help with depression. Helps create a crisis plan, and provides skills to help get out of a tough emotional situation
["Alice, All Jacked Up"](#).
- 4) A game to help cope with Stress
["Squish 'Em"](#)

Arts

Art is a wonderful form of therapy. It is a way of expressing yourself, your emotions and your thoughts. Mindfulness coloring is an effective way of bettering physical, mental, and emotional well-being.

- 1) Here is a list of printable pages for mindfulness coloring:
 - ❖ [Coloring Page 1](#)
 - ❖ [Coloring Page 2](#)
 - ❖ [Coloring Page 3](#)
 - ❖ [Coloring Page 4](#)
 - ❖ [Coloring Page 5](#)
 - ❖ [Coloring Page 6](#)
 - ❖ [Coloring Page 7](#)
 - ❖ [Coloring Page 8](#)
 - ❖ [Coloring page 9](#)
 - ❖ [Coloring Page 10](#)
- 2) Take a [virtual tour](#) around the most famous museums!

Music

Music has always been a form of expressing emotions and thoughts. Here is a list of songs to show you that you are not alone:

- 1) ["Fight Song"](#) — Rachel Platten
- 2) ["Recovery"](#) — James Arthur
- 3) ["Freaking Out"](#) — A R I Z O N A
- 4) ["They Know My Name"](#) – Big Little Lions
- 5) ["Help!"](#) — The Beatles
- 6) ["Rose-colored boy"](#) — Paramore
- 7) ["Home"](#) — Meg Hutchinson
- 8) ["Unwell"](#) — Matchbox Twenty
- 9) ["Now I'm in it"](#) — Haim
- 10) ["Warrior"](#) — Demi Lovato
- 11) ["24/7"](#) — Kehlani
- 12) ["Breathe Me"](#) — Sia
- 13) ["Shake It Out"](#) — Florence + The Machine
- 14) ["Drown"](#) — Bring Me The Horizon
- 15) ["Spirits"](#) — The Strumbellas
- 16) ["Migraine"](#) — Twenty One Pilots
- 17) ["Eet"](#) — Regina Spektor
- 18) ["Hit The Switch"](#) — Bright Eyes
- 19) ["Mad World"](#) — Gary Jules

Helping others

1) Perform some "Small Acts of Kindness" to make someone's day. It will have a positive impact on both of your lives.



2) Donate to your local charity organization/local food banks.

3) Consider Donating blood.

4) Check in on your neighbors, family, or friends.

5) Promote small local businesses.

6) Feed cats/dogs in your neighborhood.

7) Give away any leftover food you have.

8) Spread awareness about some struggles that the world is facing right now.

Self-Care

- 1) Being present in the moment eases anxiety and worry. Here are some [free mindfulness exercises](#).
- 2) Here are some tips on how to [cope](#) and stay emotionally well during COVID-19 related school closures.
- 3) Drink 8 glasses of water daily.
- 4) [Workout for at least 30 minutes daily.](#)
- 5) [Drink some detox drinks.](#)
- 6) Pray and give thanks. Have a gratitude journal. Write at least 3 things you are grateful for.
- 7) Write & Recite affirmations everyday and plan your goals for the day.
- 8) Avoid social media for at least one hour a day.
- 9) Meditate everyday. You will find some meditation apps below.
- 10) Listen to positive [audio](#).
- 11) [Here are some simple ways to eat healthier.](#)
- 12) For girls, go get your nails/makeup/hair done to uplift up your mood.
- 13) [Get a planner](#) to keep track of your work and help keep things organized.
- 14) [Start](#) a 30 Day Self-Care Challenge.

Nature

- 1) Go for a walk around your neighborhood or park and breathe the fresh air.
- 2) Purchase a baby plant or an office plant to brighten up your house or office.
- 3) If you have a garden, plant fragrant flowers or [start a vegetable garden](#).
- 4) Go to the beach for a walk or a swim.
- 5) Get exposed to sunlight; as it helps stabilize the mood and well-being.

Connecting With Others

- 1) Host a Netflix Party with your friends/family.
- 2) Play online games together such as skribble, among us, minecraft, or playstation.
- 3) Have a virtual game night with games such as Cards Against Humanity.
- 4) Start a blog, podcast, or make a public instagram account.
- 5) Get a pet home (if your parents allow you ofcourse). Pets are benefitting from our increased time at home.
- 6) Host a dinner party with friends/family over houseparty/zoom/google hangouts.
- 7) Go old school and call a friend.

Resources

- 1) 800-4673 or (800-HOPE): A free national helpline to support mental health in the UAE. Established by Minister Ohoud al Roumi, minister of state for happiness and well-being.
- 2) [Mental Health AE](#): Platform for mental health resources in the UAE.
- 3) COVID-19 Resource Library: [American Academy for Child and Adolescent Psychiatry](#).
- 4) Meditation Apps: [Insight Timer](#)
- 5) [Anxiety Canada](#): Expert tools and resources to help manage anxiety.
- 6) [Aware AE](#): The UAE's first Online Mental Health Magazine.
- 7) [Tera](#): social startup pioneering media & technological solutions for mental well-being in the Middle East, North African and South Asian region.