

Happy Brain Mental Wellness Tips and Resources



About this Guide

I curated this list to organize many helpful resources for my mental health journey. I hope this is helpful and please let [me know](#) if you have suggested additions or edits.

This guide is an evolving list of Mental Health Tips and Resources. Mental Illness comes in all shapes and sizes and this will share various tips and techniques for better mental health for everyone!

- Sean

Please check back as this document expands.

Getting Help - Mental Health Resources

Please go to your local emergency room or call 911 if you are having a mental/medical emergency.

Hotlines

The US National Suicide Hotline: 1-800-273-8255
US National Hotline - 988

The UK Samaritan's Suicide Hotline: 116123

National Alliance for Mental Illness

Call Monday–Friday, 10 a.m.–8 p.m., ET

800-950-NAMI (6264)

info@nami.org

nami.org/Help

To Find a Therapist

www.therapyden.com

www.therapyforblackgirls.com

www.openpathcollective.org

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Meditation

Heartfulness Meditation

Heartfulness (part of Mindfulness) is another word for Lovingkindness or Metta, and it can include practices for cultivating kindness, compassion, gratitude, empathy, forgiveness, and peace.

Heartfulness is purposefully having kind thoughts, or wishing good things for yourself and others.

➡ Free meditations on Insight Timer
Heartfulness Meditation with Katarina Gleisberg
<https://insig.ht/n2wni4vwPdb>

Inspirational Media

Books

Self-Compassion, Kristin Neff
The Happiness Advantage, Shawn Achor
Woman Code, Alisa Vitti
The Untethered Soul, Michael Singer
Nothing General About It, Maurice Bernard
Do the Work, Gary Bishop
Behind the Beautiful, Katherine Boo
Expectation Hangover,

Podcasts

[Curated List of Mental Health Related Podcasts](#)

[Happy Brain](#)

[Daily Stoic](#)

Mental Health Awareness Month 2022

[NAMI Resource Guide](#)

[NAMI Movies and TV Shows to Watch](#)

[Discussion Guide - The Secret Life of Walter Mitty](#)

[Discussion Guide - Good Will Hunting](#)

[Discussion Guide - Silver Linings Playbook](#)

Movies

- [My Curated List of Inspiring Documentaries](#)
- [18 Films That Explore Mental Illness \(From Men's Health Magazine\)](#)
- [Best Movies About Mental Health - NAMI](#)
- [Good Movies to Watch to Normalize Mental Health](#)
- [Movies/Shows featuring people of color](#)
- [11 Movies That Explore Mental Illness](#) (From Happier Human)
- [10 Movies Dealing with Mental Health...](#)

Games

[Alegoria](#)

Alegoria is the tool and game that sparks fun and genuine conversations for connection. By integrating psychological principles and the power of play, Alegoria is both a joyful and meaningful experience that regulates the nervous system and leaves you feeling “grounded and alive”. With 100 Question Cards and Mandala Puzzle Board, Alegoria holds the safe space of fun and belonging. Connection is transformative. Now, it is possible in play.

Journaling Resources

Books

[The Artist's Way, Julia Cameron](#)

Articles

<https://vanillapapers.net/2020/08/09/journaling-benefits/>

<https://positivepsychology.com/benefits-of-journaling/>

<https://www.portstluciehospitalinc.com/10-journaling-prompts-for-mental-health/>

Apps

[Headspace](#)

[Insight Timer](#)

Resources

[BestSelf Journal](#)

Benefits of Journaling

Writing in a journal can positively impact your anxiety through:

1. Calming and clearing your mind;
2. Releasing pent-up feelings and everyday stress;
3. Letting go of negative thoughts;
4. Exploring your experiences with anxiety;
5. Writing about your struggles and your successes;
6. Enhancing your **self-awareness** and teaching you about your triggers;

7. Tracking your progress as you undergo treatment (Star, 2018).

Stress Management

1. Decreasing symptoms of various health conditions;
2. Improving your cognitive functioning;
3. Strengthening your immune system;
4. Examining your thoughts and shifting your perspective;
5. Reducing rumination and promoting action;
6. and planning your options and considering multiple outcomes of a situation (Scott, 2018).

Gratitude Journaling Benefits

1. Boosting your long-term well-being, encouraging exercise, reducing physical pain and symptoms, and increasing both length and quality of sleep (Emmons & McCullough, 2003);
2. Increasing your optimism and, indirectly, your happiness and health (Froh, Sefick, & Emmons, 2008);
3. Reducing your symptoms of depression, for as long as you continue **gratitude journaling** (Seligman, Steen, Park, & Peterson, 2005);
4. Helping you make progress toward your goals (Emmons & Mishra, 2011);
5. Making you friendlier, more open, and more likely to engage in prosocial behaviors, which can enhance and expand your social support network (Seligman, Steen, Park, & Peterson, 200

These 10 journaling prompts for mental health can help get you started!

1. Talk About Your Day

This is kind of a no-brainer, but it's still one of the best ways to get your thoughts and feelings out. That said, the way that you get your thoughts out is important in determining how effective this treatment is.

Try to relate events in your day to how they made you feel. It sounds a little cliché, but this really can help you identify trends in your behaviors and how those impact your mental health.

2. Identify Things You're Grateful For

Finding opportunities to be grateful every day can be difficult for anyone, but even more so when you have a mental illness. Despite this, recognizing reasons to be grateful is a quick way to improve your mental health by giving you a positive outlook on life.

3. Write a List of Your Coping Mechanisms

Whether you've got depression, anxiety, or another mental health issue, you've probably developed some coping skills over the years. So write about them, and evaluate which ones are working for you. If you can, assign a number to how well each helps calm you down in times of emotional distress. This will show you what coping mechanisms can stay, and which ones should maybe be retired.

4. Describe a Goal

What are you working towards? Write it out, then talk about how you're going to reach that goal. This is a great way to not only keep you motivated but also to make sure that you're staying on track.

5. Write About How Different You Were 5 Years Ago

You, like everyone else, are always changing. But it can be easy to forget that when you're busy dealing with mental health issues. Try to recognize the ways that you've grown over the years, and give yourself credit for being better and wiser than you were.

6. Write a Letter to Your Body

Mental illness often changes how you view your body. Whether you want to write a love letter, some complaints, or a letter of apology, it's important to address your body image. If you can recognize issues in your relationship with your body, then you can work toward fixing them.

7. List and Describe Your Emotions

What did you feel like today? List out every emotion that you went through and describe how it felt in that moment. This tool will help you identify the causes of your emotions and how you're responding to them.

8. Write About How You'd Describe Yourself to a Stranger

If you were going to explain who you are to a stranger, how would that go? What are your likes, your dislikes, your strengths, or your weaknesses? Writing this prompt can go a long way in helping you identify how you think of yourself.

9. Describe the Best Compliment You've Ever Gotten

What was the nicest thing anyone has ever said to you? How did it make you feel, and how did that moment play out? Journaling is a great way to revisit a happy memory after a long day, so try this mental health prompt the next time you're having a bad day.

10. Write a Message for Yourself on Bad Days

Bad mental health days happen, and there isn't much you can do to prevent them. However, you can prepare for them by writing a message to yourself. The message can look however you want; remind yourself of happier times, point out good things in your life, and do whatever you think will mean the most to you when you're in a bad place.

Positive Affirmation Resources

Websites

<https://healthyhappyimpactful.com/self-love-affirmations/>

<https://zenhealth.net/short-positive-affirmations/Write Yourself Happy>

Sample I AM Affirmation

(Feel Free to Customize)

I am a person of purpose who makes a difference in people's lives

I am strong, resilient and intentional.

I am a loving, caring person to myself, my loved ones and people of the world

I am always learning, growing and being myself

I am taking care of myself physically and mentally

I am appreciating the gift of life.

I am open and willing to give.

I am living a satisfying life.

I am living with abundance knowing there is room for all.

I am loving my gift of healing in this world

Benefits of Daily Affirmations

1. Now that we know more about the theories supporting positive affirmations, here are six examples of evidence from empirical studies that suggest that positive self-affirmation practices can be beneficial:
2. Self-affirmations have been shown to decrease health-deteriorating stress (Sherman et al., 2009; Critcher & Dunning, 2015);
3. Self-affirmations have been used effectively in interventions that led people to increase their physical behavior (Cooke et al., 2014);
4. They may help us to perceive otherwise "threatening" messages with less resistance, including interventions (Logel & Cohen, 2012);
5. They can make us less likely to dismiss harmful health messages, responding instead with the intention to change for the better (Harris et al., 2007) and to eat more fruit and vegetables (Epton & Harris, 2008);
6. They have been linked positively to academic achievement by mitigating GPA decline in students who feel left out at college (Layous et al., 2017);

7. Self-affirmation has been demonstrated to lower stress and rumination (Koole et al., 1999; Weisenfeld et al., 2001).

Clubs and Organizations

Toastmasters

[Find a Club](#) - Use this link to locate a club in your area. During the Covid period, most clubs are holding virtual meetings so you can check out clubs in all areas.

[About Toastmasters](#) - Use this link to learn more about the organization. In short, this is low-cost high payoff organization that will dramatically increase your public speaking confidence as well as leadership skills! It is a great way to connect with new connections.

Compiled by Sean Bloch

- Instagram: <https://www.instagram.com/seanstevebloch/>
- LinkedIn: [linkedin.com/in/seanbloch5](https://www.linkedin.com/in/seanbloch5)
- Website: www.bluehalofilms.com
- Podcast: Happy Brain [\(Apple\)](#) [\(Spotify\)](#)