

Community Agreement (Living Document)

- Be mindful and respectful of other people's opinions
 - Feel encouraged to say NO!
- Discretion
 - What is shared stays, what is learned leaves
- No coordinator discussion
 - No work all play
- Take space, make space
- Miranda as Mandated reporter
- Be present
 - Step out to use technology
- Ask for consent
 - Unsolicited advice
- Sending out agenda ahead of time for members to make decisions
- Putting up signs outside the MCC asking for respect for privacy
- Give Trigger warning with heavy discussion
- Actively engage with emotions and experiences
- Silence is ok

What you would like to do/discuss/see here in MHC

- Boba night
- Coloring books
- Friendship bracelets
- Crochet
- Study Strategies/Stress Management
- Weights of Expectations
- Weekly check-in, consistency
- Game night
- Karaoke
- Mental Health Walk
- Animals
- Stressful situation
- Field trips
- Roommate! We love them, but...
- Write a letter to yourself
- Create a care package
- Mental Health plants
- Boundaries. What does that mean to me? Signals?
- Coping mechanism.
- Walk of Life
- Book Recommendations:
 - Holes

- Berserk (trigger warning, google search before read)
- Capital by Karl Marx
- Homage to Catalonia
- The Five Little Ducks by Pamela Paparone
- Lord of the Rings
- Authoring Autism
- Anna Karenina
- My Grandmother asked me to tell you she's sorry
- Movies/Show Recommendations:
 - Pursuit of Happiness
 - Made in Abyss (abuse, gore, loss of innocence)
 - Adventure Time
 - Ambient Time (Music)
 - Deep (emotional intensity)
 - Tore (On Netflix, grief, substance use)
 - Lockwood
 - Midnight Gospel
 - Bluey
 - God's Own Country (Grief, sudden illness, relationship sadness, immigration)
 - Avatar
 - The Office (Abrasive Language, Abrasive behavior, secondhand embarrassment)
 - Arrested Development (Offensive Language)
 - Abbott Elementary
 - The Good Place
 - Kids on the Slope
 - Sherlock (BBC)
 - Northwoods Baseball Sleep Radio
 - Everyone is asleep except you
 - Youtube Channel: nobody
- Stress Management Strategies
 - Guided meditation
 - Hobbies
 - Talk to friends
 - Yoga Nidra for meditation
 - ASMR to fall asleep
 - Podcasts
 - Background noise to tune out
 - Sleep
 - Brown Noise
 - Mental Health Walk
 - Physically remove from the stressful situation
 - Doing chores, ie. folding clothes, cutting nails, cleaning the room
 - Doing satisfying and/or productively procrastinating tasks
 - Stretching

- Music Recommendations
 - Artist: Bully
 - City pop
 - 80s J-Pop
 - Dream pop
 - Chill wave
 - The Wake
 - Melancholy Man
 - Donkey Kong Aquatic Ambience
 - Donkey Kong Country OST
 - Kingdom Hearts OST
 - Donkey Kong Forrest Interlude
 - Legend of Zelda: Ocarina of Time
 - Studying: ambience music ie minecraft; Jazz; Instrumental
 - Morning: k-pop, 2000s, 2010s, R&B
 - Keshi
 - Sufjan Stevens: Carrie & Lowell
 - Denzel Curry: Black Ballons