



MIND OVER

MATTER

A Mental Health Workbook



**the
corner**
HEALTH CENTER



Corner Health Center

www.cornerhealth.org

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Introduction

Scan here for our introduction audio!!



Often in mental health, we talk about how our thoughts relate to our feelings, behaviors, and actions. Being able to manage, process, and control our **thoughts** is key to maintaining a healthy mind. Some examples of this include, being able to name and acknowledge our thoughts and feelings, being able to challenge thoughts that do not make sense, looking at evidence for irrational thoughts, and practicing grounding techniques such as mindfulness and meditation.

Once we have identified our **feelings**, we should process them in a way that is going to be helpful and make us feel better. Sometimes, we bottle up our emotions or pretend that they are not there, but that is often how thoughts and feelings build up and come out at times when we don't want them to. Examples of activities we can use to process our feelings in a healthy and effective way include: journaling, yoga, exercise, mindfulness, and, meditation.

We can now look for the ways to change our **behavior** effectively. One way to change behavior is swapping out negative coping mechanisms for positive ones (swapping eating fast food or using substances with eating balanced diet or engaging in exercise). Other techniques could be: implementing a daily routine, creating pros and cons lists, challenging anxious thoughts, and educating yourself and others about your mental health and needs.

Thoughts



Activities geared toward how we manage, process, and take control of our thoughts

TAKE CONTROL OF YOUR THOUGHTS WITH **MEDITATION**

find a safe space

**choose a comfortable
position to sit or lie in**

**turn your phone to "do
not disturb"**



& SCAN THE QR

meditation provided by Calm

Challenging Negative Thoughts

This technique is used when we have thoughts like, “This person does not like me,” or “I am a bad person.” When we have these thoughts, it is so easy to let them spiral out of control and really start to believe them. Instead of letting them spiral, challenging them can allow us to think about our irrational thoughts in a more logical way.

What is your negative thought?

Evidence that your thought is true:

Evidence that your thought is false:

If your thought is true, why would it matter to you?

How long would it matter for? A few minutes? An hour? A week?

What did you take away from this exercise?



I've

got

it this

A Mirror of You

A Thoughts-Journal Poem

This activity will help you create a poem from a few days of journaling about your thoughts & feelings. It will also help you reflect on what you wrote.



Step 1: A Thoughts-Journal Poem

Jot down thoughts related to emotions you have across several days. For example, you might write, "I'm proud of myself for _____", or "_____ is really hard for me right now." *Use words related to the five senses to help describe your experiences.*



Step 2: A Mirror of You

Look back at the thoughts and emotions you wrote about in Step 1. What do you notice? Are there patterns? What changed? What were you feeling before/after each thought? What do the thoughts you wrote about mean to you now? *In the space below, write a few sentences about what you learned from your poem.*

For additional writing resources, visit YpsiWrites.com.



DEALING WITH YOUR ANXIETY MONSTER

Listen to this page here:



When someone has dealt with anxiety for a long time, their brain gets really good at creating anxious thoughts. Often, this becomes so second-nature that people have a hard time recognizing when their anxiety is impacting them. Their anxious thoughts seem so real that they start to just see them as facts. Basically, the person becomes one with the anxiety.



Sometimes it can be helpful to take a step back and separate yourself from the anxiety. **Imagine that your anxiety is a little monster living in your brain.** Sometimes it's there to protect you from real danger, but sometimes it gets confused and sees threats that aren't really there. When that happens, this little monster tries to trick you into reacting.

Here's what the tricky anxiety monster wants you to do:

When you start to feel scared or worried, do everything you can to get rid of those feelings.

If you have an anxious thought, take it seriously. Assume that because you thought it, it must be true. Trust the anxiety.

Avoid the things that make you scared or worried.



When you do these things, you make the anxiety monster stronger. It's like you're feeding it. You make it better at creating anxious thoughts and you make those anxious thoughts affect you more.

Here's what you can do instead:

Push through the anxiety and confront the things that are making you scared or worried. Don't avoid them!

If you have an anxious thought, remind yourself that the thought is just a thought. It doesn't have to be true or trusted. It might just be that little anxiety monster playing tricks on you!

Don't try to force your anxiety away. Learn to just observe that it's happening. This is where mindfulness comes in!

DEALING WITH YOUR ANXIETY MONSTER

The next time you start to feel anxious about something, stop and take a moment to consider:

① What are the thoughts my anxiety monster is telling me?

② What does the monster want me to do?

③ If I listen to it, what will happen?

★ Then, do what you can to fight the anxiety monster: ★

Remind yourself that your thoughts are just thoughts. They might not be true! Think of what good things might happen if you don't listen to the anxiety:

Take few deep breaths or practice another form of mindfulness.

Then, try to push back against the anxiety – even if it's just for a few minutes! Afterward, write down what you accomplished – even if it was something minor.

If you keep doing these things, your anxiety monster will gradually get weaker and your ability to face hard things will get stronger. So keep trying!

brain break: word search

X D Z E Y V Z O X K E L D S H L M X F K P L S L
X B M K H U M A E S G F G W A N S M E T L O E O
S H G C Z N W I O Y P M K O W F G P R D P Z L C
S C V M D Z F P L Y O S G K Z A P T A M M C F G
E S R H D I R W T N E M Y O J N E X C W U N A P
N V L X W U S T K Q N F H Y V F K S F C Z T P F
D U G Y P M O T H Z L I I P V U S A L M E T P B
E F Y N T Z E V M R R E V O C S I D E D C M R F
T E Z L B U U T E A S G W P L H H J S B A J E K
C D B Q B M A L P D E Q I C S A C K C G O S C Q
E K G S V O A E X O M A Q Y W Y L S M K D W I C
N D W S C X T C B O S K T M S S O T O H B I A K
N A X F A J C A T L S I V Y M P R Y J O E S T W
O M C T C N S B E Y V S T U X P F X P E L D I R
C X I E E F C L H I U S E I J W U U G H I O O Y
T O M N L H P X T L B J R E V F N Z K H E M N S
N B T D R V T C W S D Q T S C I G P Q F V S U C
J V E M H T A C B Z R W B T N I T N Y S E V H T
Y B S B G E H V V G H M P U X J H Y N K X A O L
P L J Z V A A E K S X S B J J W G R D F A S P O
U U G M N S D L A B A Z W B M C X W V O X U N E
D B N G O O A P T K O V C V X Y D G E E I T E N
S E E C P F W N G H X M Y E I N S P I R E U Q H
W E L L B E I N G B M P G B I U V N K H V D H B

relaxation

selfcare

change

enjoyment

wisdom

believe

connectedness

purpose

goal

inspire

positivity

fun

beauty

wellbeing

activity

discover

selfappreciation

health

You Are Not Your Fear

"You Are Not Your Fear' teaches you to separate yourself from the event or root of your anxiety. By the time you finish this activity, you should feel in control of yourself and emotionally refreshed.

1) What am I anxious about right now?

Just write exactly how you feel. Don't look for the right wording, just show your emotions.

2) What is the root fear behind this? Fear of failure, judgement, pain, or something else?

3) Where in my body can I feel my anxiety/stress? How does it feel? Heavy, rigid, tense, etc?

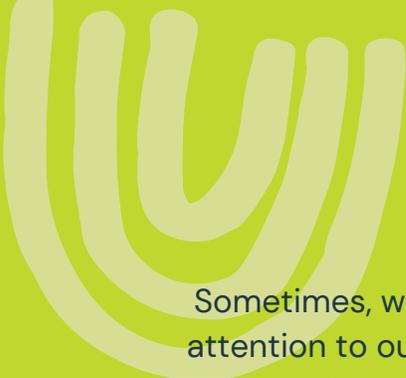
5) Why do I believe this anxiety is a true reflection of myself?

6) Write an affirmation 7 times that empowers you to believe you are capable and worthy.

Feelings



Activities geared toward how we acknowledge and process our feelings in healthy ways



MY EMOTIONS



Sometimes, we feel things in very big ways. In those times, we often don't pay attention to our feelings. Learning to recognize our feelings can help us control our emotions when they're feeling too big. Use the following worksheet to help identify and examine how you felt at a time you felt very big or intense emotions.

What happened?

How did you feel?

What did you do and say?

How did your emotions and actions affect you later?

What could you do differently next time?

Expressive Drawing: How I'm Feeling

Sometimes, when we are feeling big emotions, it can be difficult to express what we are feeling with words.

Use this space to create an image that represents how you are feeling right now.

Think about the shape, color, and kind of lines you want to use to convey your emotions.



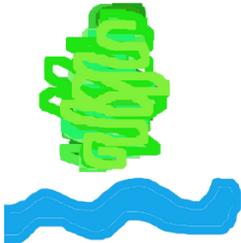
Expressive Drawing: How I Want to Feel

Now, think about how you would like feel in this situation. Joyful, serene, or something else?

Use this space to create an image that represents how you would like to feel.



PRETTY
LADY



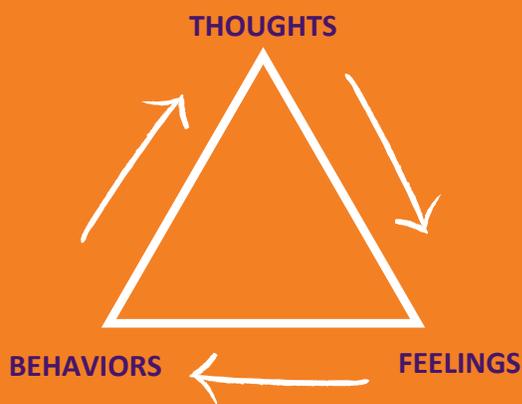
CHECK THE FACTS

When we have big emotions, it can be easy to let our emotions run away with us. When this happens, we can take a deep breath and "check the facts." This skill helps us think about the emotion objectively and hopefully reduce its impact on our behavior. Use the following worksheet to help you analyze your emotions.

What triggered my big emotion?

What assumptions am I making about the event?

What are the facts?



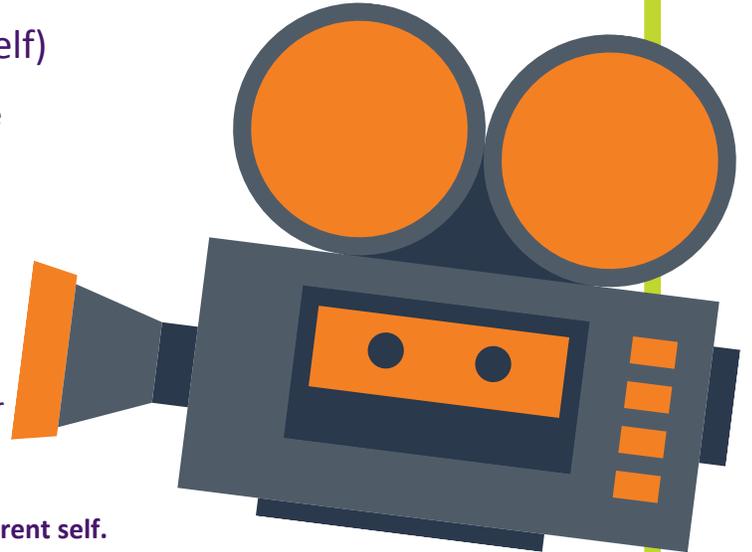
If I'm making an assumption, how can I challenge my thoughts?

Make a Video to Your FUTURE SELF!

(Or write a letter to your future self)

This is a creative way to capture exactly where you're at at this stage in your life and to have a conversation with who you'll be in the future. It's gonna be really fun to watch the video when you're older!

So, for example, if you're 20 right now, you can make a video to your 21 year old self, your 25 year old self, or your 30 year old self!



1

Start by summarizing your current self.

- Age, address, relationship status, job/school status
- Recent accomplishments, things you're most proud of thus far in your life
- Interests, hobbies, and the ways you relax
- The most important people in your life
- Your greatest fears and recurring worries
- Your religious/spiritual beliefs, political orientation, and core values

2

Next, talk about your future.

- Things you want to stop, things you want to continue, and things you want to start doing
- What do you want your future self to be like?
- Give advice to your future self
- If you could change one thing about your life what would it be?
- What are you excited for?

3

Once you reach the designated future age of the video, watch what your younger self created.

- What has stayed the same?
- What changed? How have you grown?
- How close is your older self's reality to the one imagined by your younger self?

Behaviors



Activities geared toward behavior change

GO OUT & GET THE ENERGY!

Listen to this page here:



Everyone struggles with motivation from time to time, but depression can REALLY zap a person's motivation. It makes us want to stay in bed and avoid everything.

People struggling with depression often think things like:

"I'll get back to doing things when I have more energy."

"I can't do that right now because I just don't have the energy."



The problem with this line of thinking is that waiting to have more energy just doesn't work. You have to go out and GET the energy!

Imagine a car sitting in the driveway. Its gas tank is almost empty - there's just a tiny bit of gas left in it. If we just leave the car to sit there waiting for gas, it will stay stuck there on the driveway. Gas isn't going to come to the car. The car needs to go to a gas station. The car needs to move a bit in order to refuel. It doesn't need to go far, but it does need to move.



Now imagine that you are like that car. Stuck in the driveway. No one is going to bring you energy. You have to go get it! You don't have to go far - you just have to make it to the gas station!

GO OUT & GET THE ENERGY!

What is a small action you can take to help get some energy? Let's start by brainstorming some ideas.

Brainstorm some small activities that give you energy



Here are some tips for picking one of your activities:

- ★ You think you'll enjoy it once you get started
- ★ Some form of exercise or a social activity
- ★ It seems like the easiest/least effort

Now try one of these activities! Once you're feeling energized, you can try things that you need or want to do today!

After you've done your chosen activity, think back to the gas tank. Does it have a little more gas in it? Has your energy level gone up, even just the teeniest bit?



Next time you're feeling stuck, try this process again. Remember, you don't need to drive across the country. You just need to keep getting to the next gas station.

Go On Dates With YOURSELF!

Dates aren't just for couples! Carving out special time to spend with yourself is a great way to get to know yourself better, do things to enrich your life, and just grow as a person. Check the boxes once you complete a self-date!

Start with one evening per week to spend solitary time for one hour. Time away from people, TV, computers and phones - dedicated to getting to know yourself and your inner worth.



Start a journal or private blog. Reflect on things that have recently been tugging at your heart.



Do something fun that you enjoy!

- Go to a concert
- Watch your favorite show
- Bake or cook something you like to eat
- Get dressed up
- Dance to your favorite song
- Play sports

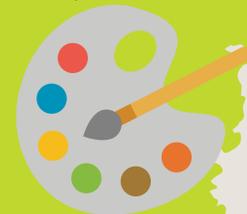


Create a calm space. This could be playing your favorite music, cleaning up your room, or lighting some candles!



Express yourself creatively. EVERYONE is an artist in some way. Experiment & learn.

- Play an instrument
- Paint, draw, sketch, or color
- Dance
- Write a poem or short story
- Knit or crochet



Set personal goals. Think about areas of your life that feel out of balance or are stressing you out. What areas can you show some caring attention toward? What steps do you need to take to move closer toward your goals?



Get to know yourself more.

- Write out a timeline of your life, marking important events, memories, people, and lessons
- Take personality tests, like "Enneagram: or "Myers-Briggs"
- What masks might you sometimes wear? What parts of yourself might you be afraid to show people?

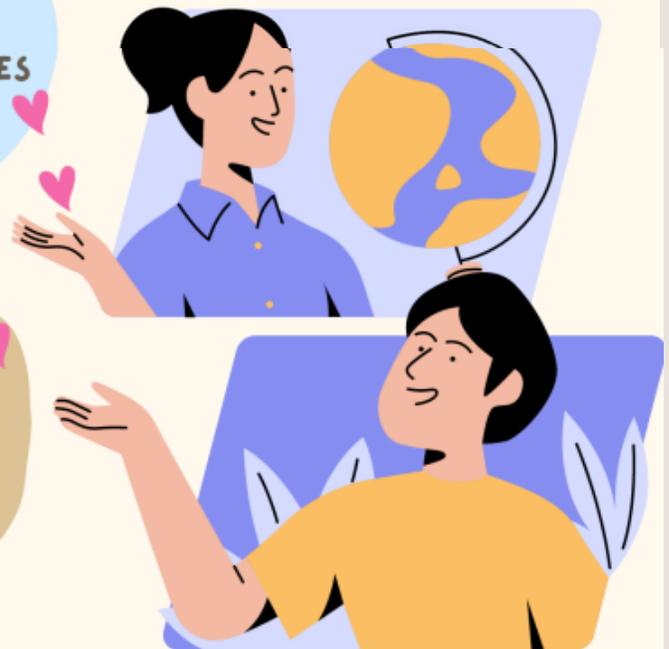
"LANGUAGES DON'T LIMIT OUR ABILITY TO PERCEIVE THE WORLD OR TO THINK ABOUT THE WORLD, RATHER, THEY FOCUS OUR ATTENTION, AND THOUGHT ON SPECIFIC ASPECTS OF THE WORLD." -

THERE ARE OVER 5,000 LANGUAGES IN USE TODAY - EACH ONE DIFFERENT THAN THE OTHER.

LARGE DIFFERENCES IN LANGUAGE LEAD TO LARGE DIFFERENCES IN EXPERIENCE OR THOUGHT, KNOWN AS LINGUISTIC RELATIVISM.

SO WHAT IS LINGUISTIC RELATIVISM?
LINGUISTIC RELATIVISM IS THE SUGGESTION THAT LANGUAGES INFLUENCE HOW OUR MIND CREATES CATEGORIES.

TRY THESE ACTIVITIES!
- LEARN A NEW LANGUAGE
- READ A BOOK
- TALK ABOUT YOUR THOUGHTS



FOR A LONG TIME, THE IDEA THAT LANGUAGE SHAPES THOUGHT WAS CONSIDERED SIMPLY WRONG. HOWEVER, RECENT STUDIES HAVE SHOWN THAT LANGUAGES SHAPE THE WAY WE THINK: CHOOSING A PROFESSION, NUMBERS, CONSTRUE EVENTS, AND EVEN PERCEIVE EMOTION.



Gratitude Checklist

Expressing gratitude continues to be linked to feeling happier. When we do things that make us feel grateful, it can boost our mood and make us feel more grounded!

Try your best to:

- Give someone who you appreciate a hug
- Wear something that makes you feel good
- Carry something that is your favorite color
- Take a picture of you and a friend
- Find something that smells really good
- Watch a show or movie that makes you laugh
- Listen to a song that is good for your soul
- Eat your favorite meal/snack
- Snuggle up under a warm blanket
- Go on a walk outside and notice the nature around you
- Write a letter to someone who makes you feel loved
- Focus on something that you love about yourself



Take a Yoga Break

It can often feel good to take a few minutes to move our body around to destress. Try taking a yoga break to relax and center yourself!



Down Dog



Up Dog

*Hold each position
for 5 deep breaths -
In through your
nose, our through
your mouth*



Side Stretch



Forward Fold



Child's Pose

MY COPING STRATEGIES

Coping strategies are skills that you can use to feel better and more like yourself when you're experiencing big feelings. Everyone uses coping strategies to care for themselves and help manage their feelings. It is important for people to develop their own toolbox of strategies that work best for themselves - because everyone is different and unique. Take some time to list a few strategies that work best for YOU.

Ex. Identify one thing you can sense with any of your senses (sight, sound, smell, taste, or touch)

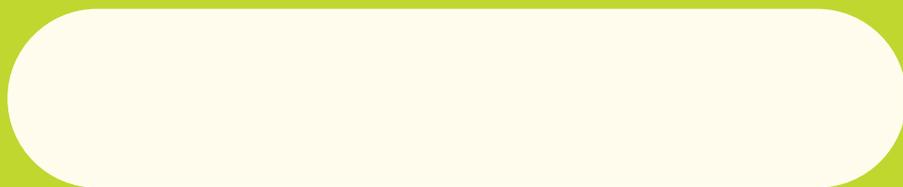
Music Heals!

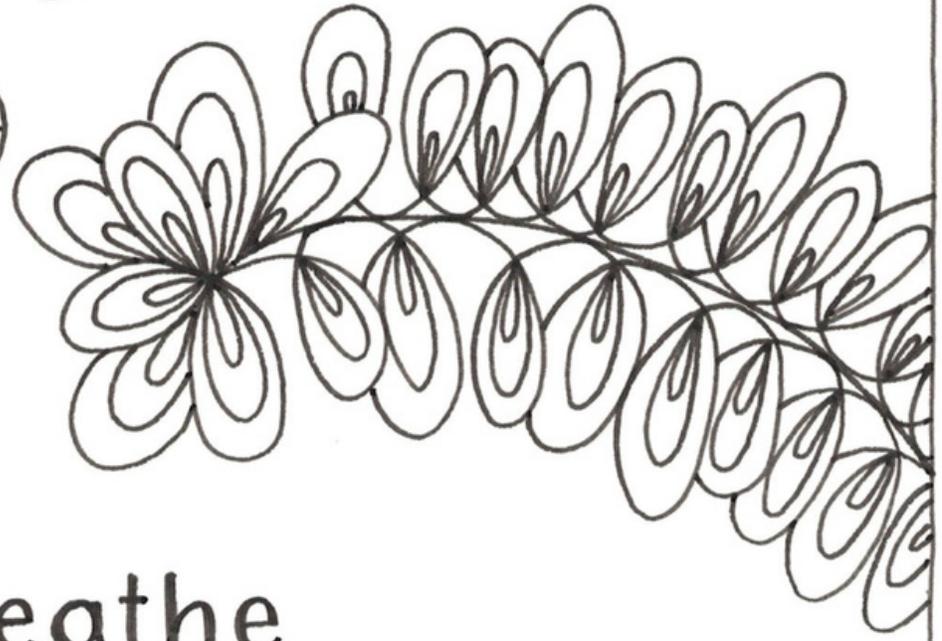
When we're feeling down, listening to a song that brings us joy can be a great way to improve our mood.

Follow this QR to our spotify playlist where you can add a song that makes you feel happy or is good for your soul!

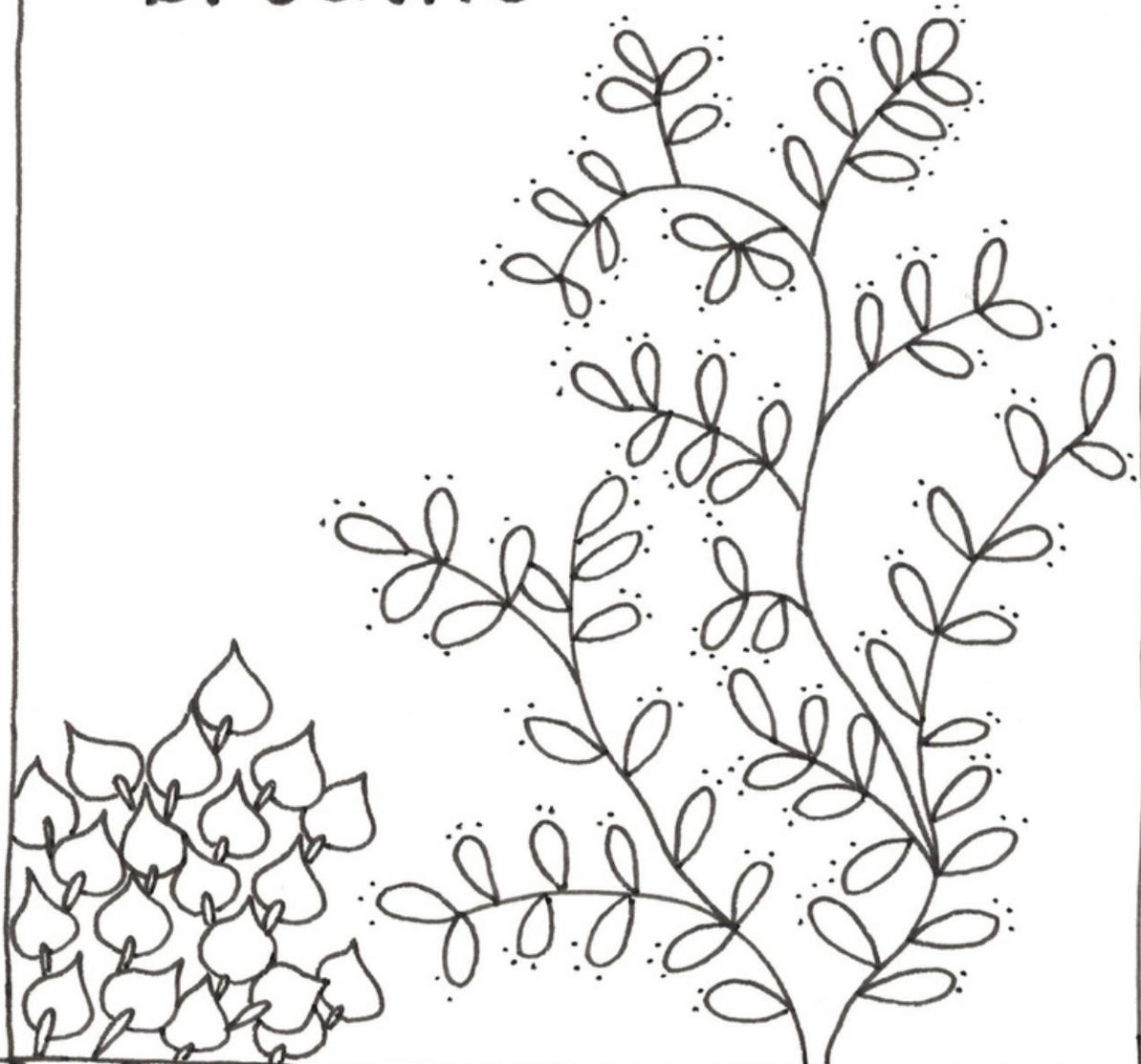


Coloring Pages





breathe











I AM AWESOME





Enjoy our collection of evidence-based activities, readings, and reflections to focus on your improving your mental health. Divided into three sections, (Thoughts, Feelings, and Behaviors), immerse yourself in a variety of activities and videos designed for those between the ages of 12 through 25.

This workbook includes contributions from The Corner Health Center's therapists, staff, interns, clients, Youth Leadership Council and community partners.

A special thank you to Elevation Youth Corp for video production and Ypsi Writes for their contribution.

Since 1981, the Corner Health Center has evolved into a comprehensive, integrated health clinic for young people, and now provides primary, maternal and infant, behavioral health, gender-affirming and wellness and preventive medical care. The Corner's educational outreach programs have educated and inspired youth to take better care of themselves and promote better health in their communities.

Mission

The mission of the Corner Health Center is to inspire 12- to 25-year-olds (and their children) to live and sustain healthy lives by providing them with judgment-free, affordable health and wellness care and education.

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