



The LOVE and KINDNESS *mental health* TOOLKIT

Adult Version

Updated June 2025

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WELLNESS SERVICES



Health



ANXIETY

DEFINITION:

According to the CDC, anxiety disorders are associated with intense feelings of anxiety, fear, worry, and/or panic. This can lead to difficulty completing everyday tasks.



ANXIETY

VS

FEAR

Anxiety is a response to a future concern and can look like overthinking and avoidance.



Fear is a response to an immediate danger, real or perceived.



SIGNS AND SYMPTOMS:



Muscle tension



Racing Heart



Feelings of impending doom



Sweating



Breathing rapidly



Trembling



Agitation



Feelings of being out of control

COPING SKILLS:



Journal



Go for a walk



Speak with a friend or professional



Take deep slow breaths

STATISTICS:

According to the American Psychiatric Association:



2% of Adults experience Generalized Anxiety Disorder



7% experience Social Anxiety



8-12% of adults have a specific phobia.



DEPRESSION

DEFINITION:

Persistent feelings of sadness, hopelessness, and loss of interest in activities that were once enjoyed, depression is diagnosed when symptoms are present for at least two consecutive weeks.

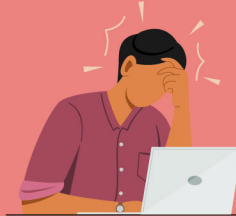
SADNESS

VS

DEPRESSION



Sadness is an emotion everyone experiences after a stressful or triggering event



Depression is ongoing sadness that may not have a triggering event and may interfere with daily functioning.

SIGNS AND SYMPTOMS



Feeling sad or anxious most of the time



Feeling irritable



No longer taking enjoyment in things you used to enjoy



Change in sleeping patterns



Change in eating patterns



Trouble concentrating



Isolating yourself



Feeling hopeless /worthless

STATISTICS:



About **8.4%** of people in the U.S. are living with Major Depressive Disorder.

People with depression are **40%** more likely to develop cardiovascular or metabolic diseases.



Suicide is the **12th** leading cause of death in the U.S.

COPING SKILLS:



Talk with a trusted friend or professional



Stretch



State positive affirmations



Journal



Take a walk



EFFECTS OF ANXIETY AND DEPRESSION FOR SENIORS



STATISTICS



Approximately **15%** of adults aged 60 and over suffer from a mental disorder.



Mental and neurological disorders among older adults account for **6.6%** of the total disability (DALYs) for this age group.



Unipolar depression occurs in **7%** of the general older population and it accounts for **5.7%** of YLDs among those over 60 years old. Depression is both underdiagnosed and undertreated in primary care settings. Symptoms are often overlooked and untreated because they co-occur with other problems encountered by older adults.

RISK FACTORS FOR ANXIETY



Side effects of medications (i.e. steroids, antidepressants, stimulants, bronchodilators / inhalers, etc)



Sleep disturbance



Chronic medical conditions (especially chronic obstructive pulmonary disease [COPD], cardiovascular disease including arrhythmias and angina, thyroid disease, and diabetes)



Physical limitations in daily activities



Excessive worry or preoccupation with physical health symptoms

RISK FACTORS FOR DEPRESSION

Medical illness (particularly chronic health conditions associated with disability or decline)



Overall feelings of poor health, disability, or chronic pain



Any type of stressful life events (i.e. financial difficulties, new illness /disability, change in living situation, retirement or job loss, and interpersonal conflict)



A history of falling repeatedly



Medication side effects (in particular from benzodiazepines, narcotics, beta blockers, corticosteroids, and hormones)



Sleep disturbances



Progressive sensory loss (i.e. deteriorating eye sight or hearing loss)



Extended mourning due to death of a friend, family member, or other loss



Dissatisfaction with one's social network



COPING SKILLS



Breathing exercises



Social interactions



Therapy



Physical activity/exercise



Hobbies



Eating and sleeping well



Get routine check-ups with your doctor

POSTPARTUM



Postpartum Anxiety

Postpartum anxiety is excessive worrying that occurs after childbirth or adoption. People with postpartum anxiety may feel consumed with worry and constantly nervous or panicked.

Signs and Symptoms:



Feeling like you aren't bonding with your baby.



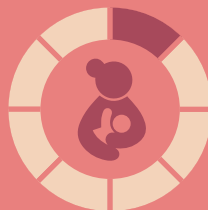
Feeling like you are worrying all day, every day.



Feeling overwhelmed with day-to-day life.

Postpartum Depression:

a major depressive episode or, less commonly, minor depressive disorder that affects some women within **4 weeks to 6 months** after child birth.



1 in 8

birthing women will experience postpartum depression.

Signs and Symptoms:



Depressed mood or severe mood swings



Withdrawing from family and friends



Feelings of worthlessness, shame, guilt, or inadequacy

Baby Blues:

a colloquial name for the transient depressive symptoms experienced by many women during the first **10 days after giving birth**.



Most if not all new birthing parents will experience this.

Understanding Grief

Navigating the Universal Yet Unique Journey of Loss

Grief is a response to loss, which can be caused by many things, such as the death of a loved one, losing a job, getting divorced or going through other major life changes. Grief is universal and unique. Your grief will be shaped by various factors, including your relationship to what/who was lost, the circumstances of the loss, your unique personality, and your support systems.

Grief Vs. Mourning

Grief: internal emotional process



Our internal responses to loss,
Deep sorrow



Mourning: external process or action

Our external responses to loss



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Types of Grief



Delayed

Grief that we don't feel in the moment because it's not safe or we're in survival mode



Disenfranchised

Any grief that is minimized or not recognized by others



Cumulative

When someone experiences multiple losses during a short period and or unattended grief that builds up



Anticipatory

The grief that comes before a death or a loss



Collective

When we grieve as a group



Masked

Grief that is presenting in another way and the resulting feeling is actually a response to grief



Complicated

When painful emotions of loss don't improve with time and are so severe that you have trouble resuming and or creating your life



Ambiguous

Grief that's hard to see, unresolved, uncertain two types: Either the lost loved one is either physically absent but emotionally present (e.g. missing person), or physically present but psychologically absent (e.g. dementia)



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Manifestation of Grief



Feelings

Numbness, Sadness, Anger, Guilt, Anxiety, Loneliness, Fatigue, Helplessness, Shock, Yearning, Relief, Fear of dying

Physical

Hollowness in the stomach, Tightness in the chest, Tightness in the throat. Over-sensitivity to noise, Weakness in the muscles, Lack of Energy, Dry Mouth.



Cognitions

Disbelief, Confusion, Preoccupation, Sense of Presence, Hallucinations, time distortion, magical thinking.

Behaviors

Sleep and appetite Disturbances, Absent-minded behavior, Social Withdrawal, Dreams of the deceased, Avoiding reminders.



IF YOU ARE IN CRISIS CALL or TEXT 988

Coping Strategies



**Connect to
nature**



**Practice
self-compassion**



**Talk about the
loss**



Pause



**Take time for
yourself**



**Engage in good
self-care**



Listen to your body



Rest



**Minimize your
stressors**



**Cry when you feel
like crying**



**Engage in spiritual
practices**



**Practice
mindfulness**



**Reach out to
others**



IF YOU ARE IN CRISIS CALL OR TEXT 988

BOX BREATHING

Box breathing is a great technique to calm your breath when feeling anxious and stressed.



INSTRUCTIONS

- Use your finger to trace the square, slowly counting to four on each side.
- During each count of four, alternate breathing in and out.

5-4-3-2-1

A Grounding Exercise

INSTRUCTIONS:

When you are feeling anxious, try grounding yourself in the present moment. You can use your 5 senses to do this. Look at 5 things, touch 4 things, listen to 3 things, smell 2 things, and taste 1 thing, and then write them down here.



5 Things you SEE:

1. _____
2. _____
3. _____
4. _____
5. _____



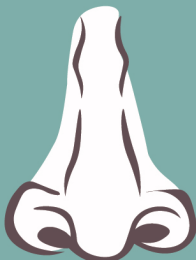
4 Things you TOUCH:

1. _____
2. _____
3. _____
4. _____



3 Things you HEAR:

1. _____
2. _____
3. _____



2 Things you SMELL:

1. _____
2. _____



1 Thing you TASTE:

1. _____

Mindfulness Activities

Love and Kindness Meditation:

May I be happy
May I be healthy
May I be free of suffering
May I live in peace
May my life be blessed with ease
May you be happy
May you be healthy
May you be free of suffering
May you live in peace
May your life be blessed with ease

Grounding Meditation:

"Breathe in fully, expanding your belly and lungs, and hold your breath for a count of 7. Then release your breath with a whooshing sound, until all the oxygen is released- another count of 7. Do this at least 3 times. Upon the exhale, release any tension, thoughts, or worries that you are holding onto, cleansing your body, mind, and heart so that you are open to receive divine guidance. Visualize heaviness and tension being washed away as you practice your cleansing breaths."

Quoted directly from A Revolutionary Collection of Breathing Practices by Ruby Gibson.



Tapping EFT

1. Identify your challenging emotion

2. Rank the intensity of the emotion: On a scale of 1-10 (10 being the highest intensity), how does this emotion rank at this moment?

3. Create an affirmation: Establish a phrase that acknowledges the emotion, and accepts yourself notwithstanding. For example, "even though I have this [emotion or issue], I deeply and completely accept myself."

4. Tapping Sequence: While tapping each point in the sequence, repeating the phrase you have chosen three times.

- i. Edge of hand
- ii. Inner eyebrows
- iii. Outer edge of eyes
- iv. Below eyes
- v. Under nose
- vi. Chin
- vii. Collarbones
- viii. Under armpit
- ix. Crown of the head

5. Retest the intensity of the original emotion: On a scale of 1-10 (10 being the highest intensity), how does this emotion rank at this moment? Ideally, each time you follow the tapping point sequence the intensity should decrease.

You can repeat this process until the intensity reaches 0.



The Points:

1. Edge of Hand
2. Eyebrow
3. Side of Eye
4. Under Eye
5. Under Nose
6. Chin
7. Collarbone
8. Under Arm
9. Top of Head

Illustration by Clare Owen,
found at <https://experiencelife.lifetime.life/article/how-to-use-tapping/>

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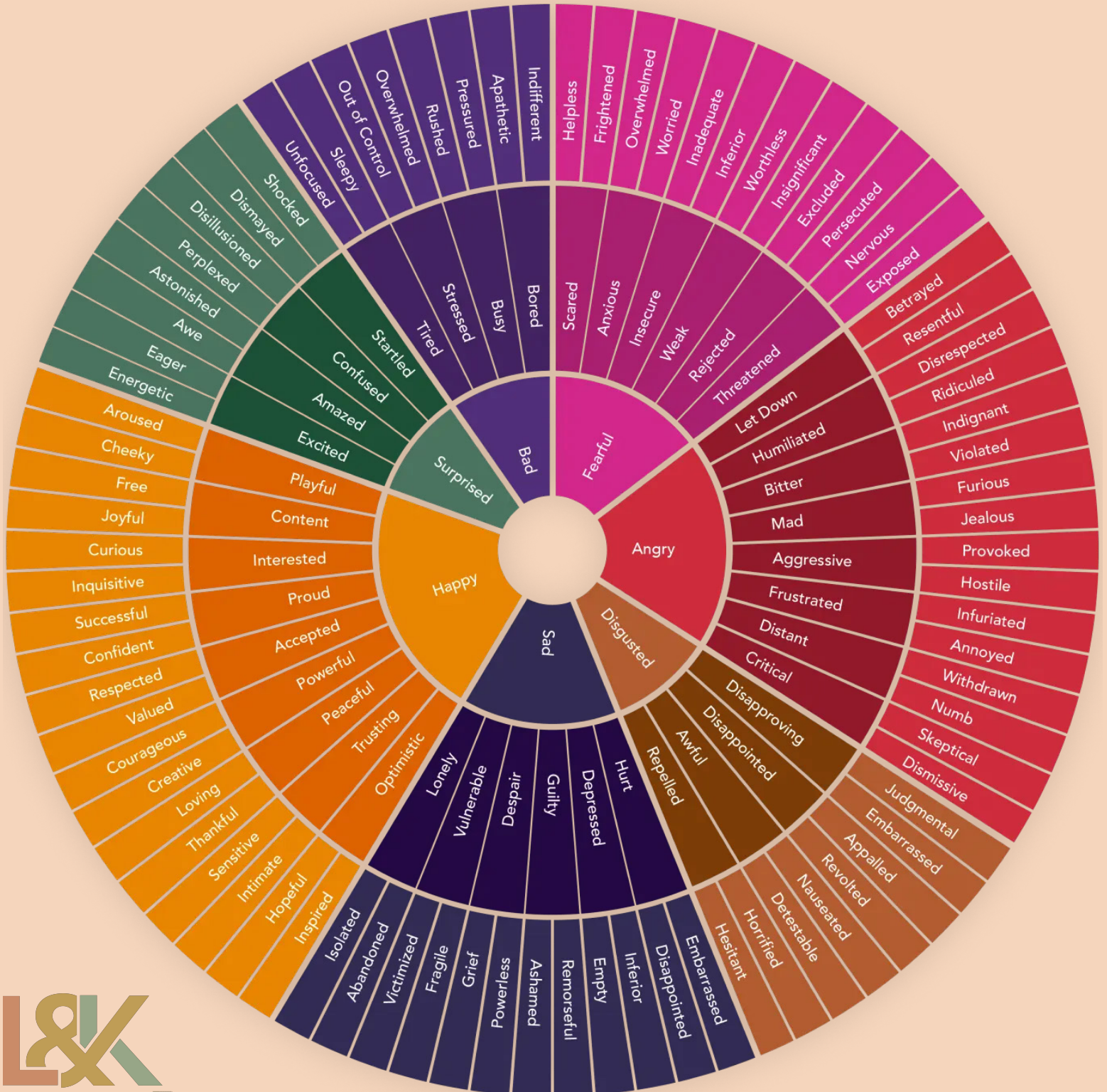
NYC Well: 1-888-692-9355

Suicide Prevention Hotline:
800-273-8255

Feelings Wheel

Feelings are an emotional state or reaction, we all experience a broad range of emotions.

Are you in tune with your feelings or detached from them?



SELF-CARE

Self-care doesn't have to be expensive. It can be small acts throughout your day.
Write down activities you can do within each self-care category below.

**PHYSICAL
ACTIVITY**

BREATHING

LAUGHING

CRYING

**ACTS of
KINDNESS**

AFFECTION

CREATIVITY



DAILY

well-being

PLANNER

Your Major Goal:

Idea Dump
(to do later):

Today's 3 Major Tasks:

1.

2.

3.

Today's 3 Minor Tasks:

1.

2.

3.

WEEKLY

well-being

GOALS

Fill your goals for this week in each of these categories:

Acts of kindness

Overarching goals

People to thank

Remember what
you've accomplished

YEARLY

well-being

GOALS

Fill in this chart to map your way toward well-being!

Start here and work backwards!

	Self-Care Goals (Activities/ Routines)	Relationship Goals (Friends & Family)	Personal Development Goals (Mental/ Emotional)	Career Goals (Toward your ideal career)	Resources to acquire (To achieve your goals)
3 Months					
6 Months					
9 Months					
1 Year					

Self-Care Strategies

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

Spend time with loved ones

Practice self compassion

Avoid drugs and alcohol

Reduce screen time

Set boundaries

Exercise

Journal

Go for a walk

Meditate

Laugh

Seek professional help

Reach out to others

Practice gratitude

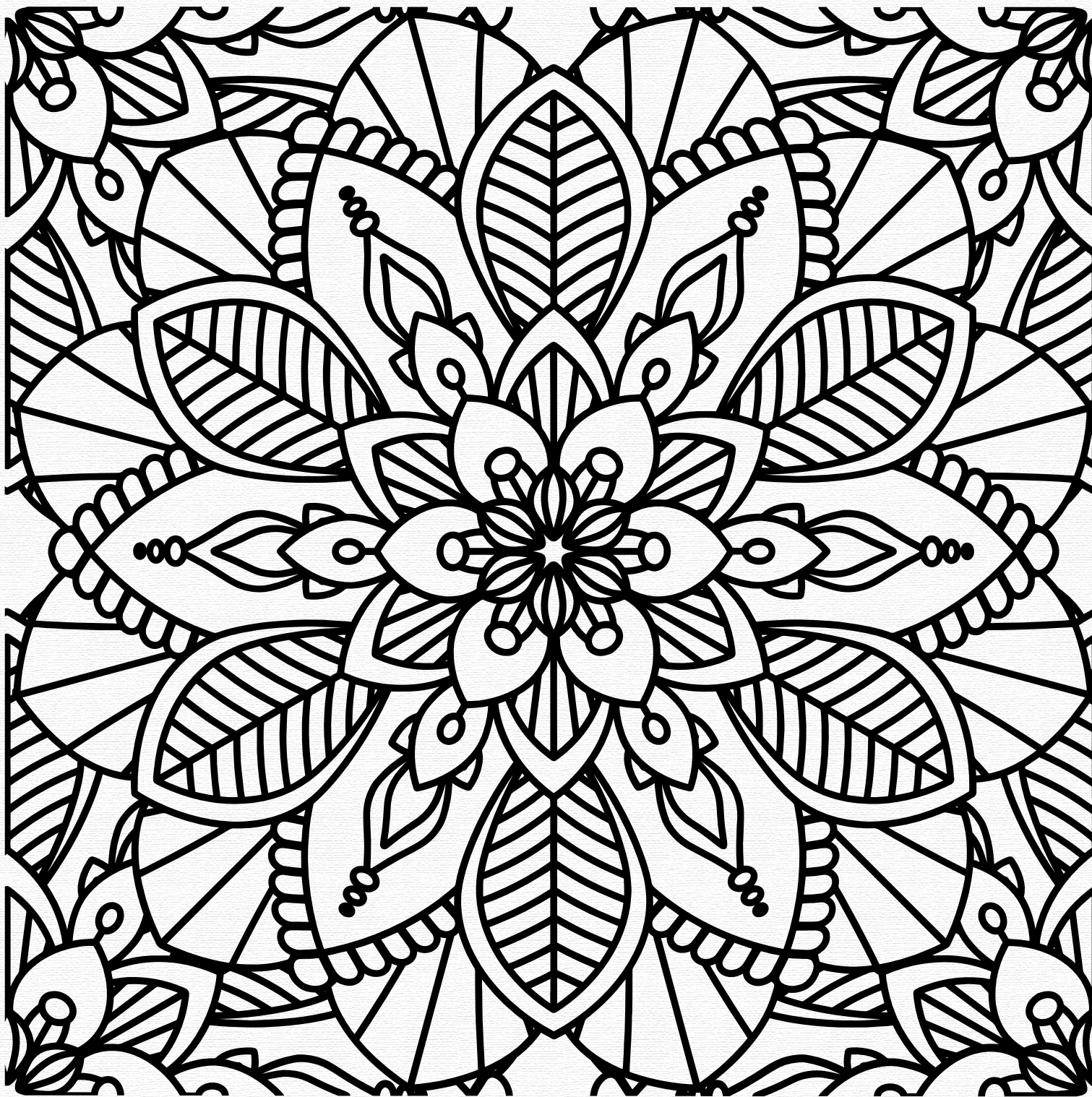
Deep breathing

Sleep well

Eat well

Pause

Mindful Moment Coloring Page



Mindful Moment Coloring Page



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RESOURCES

COMPLEMENTARY ALTERNATIVE MODALITIES (CAM)

Reiki: a gentle, non-invasive channeling of healing energy. It is non-denominational however "Rei" means God and "Ki" means energy so there is an element of Spirituality that is inherent.

Therapeutic touch: similar to Reiki however it removes the spiritual component to harness the healing power of the human energy field by itself.

Breathwork: various methods of inhaling and exhaling to support overall health, well-being, and has been shown to improve immunity and feelings of groundedness and connectedness while reducing stress.

Yoga: an ancient practice that teaches how to align the body, the breath and the mind to assist in elevating consciousness and healing.

Massage therapy: a physical touch modality that incorporates human fascia tissue to support moving energy around the body and releasing blockages, both physical and energetic

Acupuncture: an ancient technique of utilizing the body's meridian lines (energetic channels within the body) to remove blockages and support the flow of energy throughout the body to promote healing.

Chiropractic: a physical healing modality that is used to realign the spine leading to a reduction in physical pain caused by the body accommodating for the spine being out of alignment.

RESOURCES

ADDITIONAL SUPPORT CRISIS HOTLINES AND HELPLINES

988:

Website: 988lifeline.org

- 988 provides free and confidential emotional support to people in suicidal crises and emotional distress. Counselors are available 24/7.
- Call or Text 988
- 24-hour emergency response

NYC Well:

Website: <https://nyc988.cityofnewyork.us/en/>

- NYC 988 is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365. NYC 988 is your connection to get the help you need:
- Call or Text: 988

The Trevor Project:

- Website: <https://www.thetrevorproject.org/get-help/>
The Trevor Project provides 24/7 access to crisis counselors. They specialize in supporting Youth within the LGBTQ community. In addition, their website includes access to additional support and education.
- Call: 1-866-488-7386
- Text: START to 678-678

RESOURCES

ADDITIONAL SUPPORT CRISIS HOTLINES AND HELPLINES

SafeHorizon

Website: <https://www.safehorizon.org/>

- Safe Horizon is a victim assistance organization. They work with survivors of all forms of violence to seek support and advocacy. They have additional resources and information on their website as well as a 24 Hour Hotline.
- 1-800-621-4673

Substance Abuse and Mental Health Services Administration (SAMHSA):

Website: <https://www.samhsa.gov/find-help/national-helpline>

- A free and confidential Helpline for people facing mental health disorders or substance abuse to obtain treatment referral information.
- Call: 1-800-662-4357

Postpartum Resource Center of New York

Website: <https://postpartumny.org/>

- The Postpartum Resource Center of NY has a Helpline dedicated to supporting postpartum parents. They provide confidential emotional support, education, and connection to mental health support.
- They accept calls every day from 9-5.
- Callers may have to leave a message and wait for a return call. This is not intended for emergency support.
- 1-855-631-0001

RESOURCES

ADDITIONAL SUPPORT CRISIS HOTLINES AND HELPLINES

LGBT National Help Center:

Website: <https://www.lgbthotline.org/>

- The LGBT National Help Center provides peer support, information, and access to local resources. They provide connections to community as well as education and resources on their website.
- LGBT National Hotline 1-888-843-4564
- LGBT National Youth Hotline 1-800-246-7743 LGBT National Senior Hotline 888-234-7243 National Coming Out Support Hotline 888-688-5428

Grief support

<https://grief.com>

Center for Prolong Grief

<https://prolongedgrief.columbia.edu>

Compassionate Friends: Supporting Family After a Child Dies

<https://www.compassionatefriends.org>

Center For Loss and Life Transition

<https://www.centerforloss.com>

<https://www.dougy.org/>

<https://www.ambiguousloss.com>

<https://grief.com/the-five-stages-of-grief/>

<https://www.adec.org/>