For Survivors, Thrivers, and Those in Between
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Sakhi for South Asian Women works to support and empower survivors of gender based violence. Founded in 1989 by five pioneering South Asian women from diverse professional fields, Sakhi is on the frontline of changing the conversation around gender-based violence. We aim to have a linguistically and culturally competent approach to each of our offered services for South Asian community members in NYC.

For over 30 years now, Sakhi has been working to provide survivors with a safe space to address the violence in their lives, with services ranging from a helpline and counseling to financial and legal assistance.

For the first time, Sakhi is equipped with a full-time, in-house mental health program. With this resource guide, we are taking a step toward breaking the stigma against mental health in South Asian communities.

For more information and resources:
www.sakhi.org
Mental health is the state of our emotional and psychological well-being. It affects how we think, feel, and act, and is responsible for how we handle work, stress, and the relationships in our lives. Just like our physical health, the state of our mental health holds tremendous importance in our day-to-day lives. However, the stigma surrounding mental health prevents many from being aware of; it diminishes how vital it is to take care of ourselves in ways that are not always easily identifiable.

Mental health is real and should be treated as a priority. This guide was created as a means to create awareness and connect you to culturally and linguistically competent resources that are available, along with supplementary resources to remind you that you are not alone. We hope this guide supports your journey to a happier, healthier you.
1. South Asian Mental Health Initiative & Network (SAMHIN)
SAMHIN is available to answer any mental health questions, offers community outreach programs (online events page), and manages an online provider directory of South Asian counselors and other health professionals.
Based in Linden, NJ / Website: samhin.org
Contact: (732)-902-2561 or info@samhin.org

2. The Sukhi Project
Sukhi provides an online tool to help connect community members with a network of counselors, either in person or online. It also hosts virtual peer support groups (Digital Talk Circles) and a digital library of mindfulness resources, including blog-style articles and guided meditations.
Website: thesukhiproject.com
Contact: staysukhi@thesukhiproject.com

3. South Asian Mental Health Awareness in Jersey (SAMHAJ)
SAMHAJ, a program of the National Alliance on Mental Illness (NAMI), runs support groups throughout NJ and provides referrals to bilingual mental health providers.
Based in North Brunswick, NJ
Website: naminj.org/programs/multicultural/samhaj
Contact: (732) 940-0991 or samhaj@naminj.org
4 South Asian Council for Social Services
SACSS provides access to benefits and supportive counseling to seniors living with depression; assists individuals and families with healthcare access, English/computer classes, and food security.
143-06 45th Avenue, Flushing, New York
Website: sacssny.org
Contact: (718)-321-7929 or sacss@sacssny.org

5 South Asian Lesbian and Gay Association (SALGA)
SALGA promotes awareness, acceptance, and empowerment for South Asian people of all sexual and gender identities in NYC. Monthly confidential support groups are held at the LGBT Center.
208 West 13th St., New York, NY / Website: salganyc.org
Contact: staysukhi@thesukhiproject.com

6 Jahajee Sisters
Jahajee Sisters serves Indo-Caribbean populations from Guyana, Suriname, Trinidad, Jamaica, and other Caribbean islands. The organization hosts monthly "Sister Circles" at local religious institutions, assists with food drives to promote food security, and fosters a sense of community for Indo-Caribbean women, girls, and gender nonconforming individuals.
Based in Queens NY / Website: jahajeesisters.org
Contact: jahajeesisters@gmail.com
7 Turning Point for Women and Families

TPNY supports Muslim women and children with a variety of mental health resources: free in-person or telephone counseling sessions with a social worker; Sisters' Circle weekly support group for survivors of gender-based violence; Weekly Youth Group for young Muslim girls (ages 13-20) for mentorship, and emotional support; and English classes for older women.

Based in Flushing, NY / Website: tpny.org
Contact: (718)-262-8722 or info@tpny.org

8 Sapna NYC

Sapna provides a 12-session program for 26 weeks designed to address mental, physical, and emotional health for low-income South Asian immigrant women. Participants learn cognitive and behavioral strategies for managing mental health, build social connections, and receive financial literacy training.

2348 Waterbury Avenue, Bronx, NY / Website: sapnanyyc.org
Contact: (718)-828-9772 or info@sapnanyyc.org

9 Kaha Mind

Kaha Mind provides online therapy via call/video ($30/hour) and shares individual mental health experiences online.

Based in India / Website: kahamind.com
Contact: hello@kahamind.com, Whatsapp: +917483183313
10 Domestic Harmony Foundation

DHF mainly serves Muslim women who are survivors of domestic violence through support groups, free individual, youth, and marital counseling.

Based in Long Island, NY / Website: dhfny.org
Contact (Helpline): (516)-385-8292 or info@dhfny.org

11 Crime Victim Treatment Center

CVTC supports survivors of violence with a wide range of free therapeutic services, including individual therapy with licensed clinicians, group therapy, and practices such as meditation and art therapy.

40 Exchange Pl., Suite 510, New York, NY, 10005
Website: cvtcnyc.org
Contact: (212)-523-4728

12 SEEMA

An online platform for mental health within the Muslim community and offers weekly online support groups that are facilitated by a therapist. It also manages a directory of Muslim therapists.

Website: seemamentalhealth.com
Contact: info@seemamentalhealth.com
13  DeQH

DeQH, or Desi LGBTQ Helpline for South Asians provides a free, confidential phone service to assist those with questions or struggles regarding gender, identity, coming out, finding community, and faith. Additionally, they can assist with referrals for doctors, lawyers, and therapists.

Website: deqh.org, Contact (Helpline): 908-367-3374

14  Khalil Center

Khalil Center is a psychological and spiritual wellness center that provides counseling through an Islamic perspective. It offers both in-person and video-based online therapy using a sliding scale for fees (fees table available on website). Khalil Center also runs a helpline at (855) 543-5752. Additionally, they offer seminars, workshops and classes in person and online.

4 W 43rd St Suite 803, New York, NY 10036,
Website: khalilcenter.com, Contact: (630) 474-4414 or info@khalilcenter.com

15  Nasiha Counseling

Nasiha Counseling is a private practice of 3 therapists who provide religiously-focused counseling for the Muslim community. Their services include adult, child, and adolescent psychotherapy, couples therapy, pre-marital counseling, and family therapy. Nasiha accepts most insurances and offers a sliding scale for fees.

80 Broad Street, New York, NY, 1000 or 1129 Linden Street, Valley Stream, New York 11580
Contact: (646)-571-0529 or nasihacounseling@gmail.com
Please note that all services are provided in English. If services are available in additional South Asian languages, they are noted per provider.

Manhattan

**Pallavi Ankolekar**
363 7th Avenue, 11th Floor
NY, NY 10001
(631) 201-5578
Specialties: Trauma, Depression, Anxiety, Life Transitions, Racial/Sexual Identity
Speaks: N/A
Accepts: Out of network
Price: Free consultation, $100-150
Offers online sessions
Sliding scale available

**Ami Bhalodkar-Haque**
280 Madison Avenue
NY, NY 10016
(646) 699-3974
Specialties: Interfaith and Premarital, Infertility, Relationship Issues
Speaks: Gujarati, Hindi, & Urdu
Accepts: Out of network
Price: N/A
Sliding scale available
Sahar Hussain
6 East 39th Street, Suite 1100
NY, NY 10016
(646) 846-8241
Specialties: OCD, Anxiety, Depression
Speaks: Hindi & Urdu
Accepts: Out of network
Price: $180+
Offers video and phone sessions
Sliding scale available

Juhee Jhalani
19 W 34th Street Penthouse
NY, NY 10001
(646) 832-2267
Specialties: Anxiety, Life Transitions, Relationship Issues
Speaks: Hindi
Accepts: Out of network and Aetna
Price: $200-300
Offers video and phone sessions
Sliding scale available

Bushra Husain
Nasiha Counseling
80 Broad Street, 6th Floor
NY, NY 10036
(646) 392-7352
Specialties: Depression, Family Conflict, Relationship Issues
Speaks: Hindi & Urdu
Accepts: N/A
Price: N/A
Offers video and phone sessions

Sadia Chaudhury
330 West 58th Street, Suite 313
NY, NY 10019
(347) 462-0203
Specialties: Anxiety, Depression, Relationship Issues
Speaks: Bengali
Accepts: Major insurances
Price: $200-$250
Offers video and phone sessions
Sliding scale available
Shibani Ray-Mazumder
121 W 27th Street, Suite 1101A
NY, NY 10001
(917) 382-9293
Specialties: Women’s Issues, Depression
Speaks: Bengali & Hindi
Accepts: Out of network
Price: $250-300
Offers video and phone sessions
Sliding scale available

Venus Mahmoodi
Khalil Center
4 W 43rd Street, Suite 803
NY, NY 10004
(855) 554-2545 Ext 727
Specialties: Reproductive Mental Health (Perinatal Mood & Anxiety Disorders, Fertility, Pregnancy Loss)
Speaks: N/A
Accepts: N/A
Price: N/A
Sliding scale available

Maryum Khwaja
80 Broad Street, 6th Floor
NY, NY 10004
(646) 798-5817
Specialties: Depression, Family Conflict, Relationship Issues
Speaks: Hindi & Urdu
Accepts: Out of network and most major insurances
Price: N/A
Offers video and phone sessions
Sliding scale available

Lubna Khalid
121 W 27th Street, Suite 1101A
NY, NY 10001
(917) 382-9293
Specialties: Women’s Issues, Self-Esteem, Depression
Speaks: Hindi, Punjabi, & Urdu
Accepts: Out of network
Price: $180-350
Offers video and phone sessions
Sliding scale available

Shibani Ray-Mazumder
NY Wellness Psychology, PC
350 5th Avenue, Suite 5961
NY, NY 10118
(646) 820-9652
Specialties: Women’s Issues, Depression, Stress
Speaks: Bengali & Hindi
Accepts: Out of network and United Healthcare
Price: $250-300
Offers video and phone sessions
Puja Parikh
136 Madison Avenue, Suite 616
NY, NY 10016
(917) 231-8650
Specialties: Autism, ADHD, Anxiety, Depression
Speaks: Gujarati & Hindi
Accepts: Major insurances
Price: $150
Offers video and phone sessions
Sliding scale available

Preeti Saigal
160 E 32nd Street
NY, NY 10019
(212) 263-9925
Specialties: Children & Adults, Life Transitions, Neurodevelopmental & Socio-emotional concerns
Speaks: N/A
Accepts: N/A
Price: N/A

Shefali Samrai
Madison Square West
NY, NY 10010
(917) 601-7459
Specialties: Disorders, Women’s Health, Personal Growth
Speaks: Hindi & Gujrati
Accepts: Out of network
Price: Starting at $200
Offers video and phone sessions

Malini Singh
37 West 57th Street
NY, NY 10019
(646) 392-7352
Specialties: Anxiety, Personality Disorders, Depression, Learning Disabilities & ADHD
Speaks: Hindi & Urdu
Accepts: Out of network
Price: $200-300
Sliding scale available
Vijayeta Sinh
19 West 34th Street, Penthouse
NY, NY 10001
(646) 798-5817
Specialties: Life Transitions, Self-Esteem, Relationship Issues
Speaks: Hindi
Accepts: Out of network
Price: $250-300
Offers video and phone sessions
Sliding scale available

Priyanka Upadhyaya
Iris Kaplan Center
276 5th Avenue
Suite 1101
NY, NY 10001
(646) 846-1616
Specialties: Anxiety, Depression, Stress
Speaks: Hindi & Marathi
Accepts: Out of network
Price: N/A
Offers video and phone sessions

Babita Spinelli
Babita Spinelli Psychotherapy & Coaching
240 Central Park South, Suite 2H
NY, NY 10019
(347) 884-7316
Specialties: Women, Grief, Anxiety, Trauma
Speaks: Hindi
Accepts: Out of network
Price: $200-275
Offers video and phone sessions
Sliding scale available

Sweta Venkataramanan
Real Talk Psychological Services
E 77th Street
NY, NY 10075
(929) 325-1086
Specialties: Relationship Issues, Women’s Issues, Self-Esteem
Speaks: Hindi
Accepts: Out of network
Price: $175-300
Offers video and phone sessions
Brooklyn

**Sadie Zaman**
Refresh Psychotherapy - South Slope
159 20th Street, 1st Floor, Brooklyn, NY, 11232
(929) 294-2202
Specialties: Trauma & PTSD, Anxiety, Eating Disorders
Speaks: Urdu
Accepts: Major insurances
Price: $150-250

**Shubhra Massey**
808 Union Street, Suite 3A, Office 4
Brooklyn, NY 11215
(203) 220-6297
Specialties: Parenting, Family Conflict, Domestic Violence
Speaks: Hindi & Urdu
Accepts: Out of network
Price: $130-150
Offers video and phone sessions
Sliding scale available

**Tara Abrol**
26 Court Street
Brooklyn, NY 11242
(585) 670-6275
Specialties: Trauma & PTSD, Child or Adolescent, Women's Issues
Speaks: N/A
Accepts: Out of network
Price: $125

**Malini Singh**
26 Court Street / 506 6th Street
Brooklyn, NY 11215
(646) 392-7352
Specialties: Disorders, Substance Use
Speaks: N/A
Accepts: Out of network
Price: $200-300
Sliding scale available
Queens

**Bisma Anwar**
33 West 60th Street, Flushing 8
New York, NY 10023
(347)-625-7462
Specialties: Depression, Anxiety, Stress Management
Speaks: Urdu, Hindi, & Punjabi
Accepts: N/A
Price: N/A
Sliding scale available

**Sadia Chaudhury**
330 West 58th Street
Suite 313
New York, NY 10019
(347) 462-0203
Specialties: Anxiety, Depression, and Relationship Issues
Speaks: Bengali
Accepts: Major insurances
Price: $200-250
Offers video and phone sessions
Sliding scale available

**Eshika Kalam**
Queens Nassau Mental Health Counseling, PLLC
New Hyde Park, New York 11040
(917) 933-0584
Specialties: Depression, Anxiety, Relationship Issues
Speaks: Hindi, Bengali, Urdu, & Punjabi
Accepts: Major insurances
Price: $80-120
Offers video and phone sessions
Sliding scale available
Staten Island

Raffat Fazal
31 1st Street
Staten Island, NY 10306
(917) 789-1376
Specialties: Relationship Issues, Family Conflict, Adjustment Stress
Speaks: Hindi & Urdu
Accepts: N/A
Price: N/A
Offers video and phone sessions

Sumini Thomas
209-22 Hillside Avenue
Queens Village, NY 11427
(516) 476-0135
Specialties: Mood Disorders, Anxiety, Self-Esteem Issues
Speaks: Hindi & Malayalam
Accepts: Major insurances
Price: $60-80
Sliding scale available

Tanupreet Suri
Woodside, Queens, NY 11377
Reach at tanusuri.com/contact
Specialties: Student-Related Issues, Emerging Adulthood, Culture & Identity, Life Transitions, Individuals/Couples/Groups
Speaks: N/A
Accepts: N/A
Price: N/A
Offers online sessions

Staten Island
Menahal Begawala
1979 Marcus Avenue
New Hyde Park, NY 11042
(646) 859-1250
Specialties: Premarital & Marital Issues, Trauma & PTSD, Anxiety
Speaks: Hindi & Urdu
Accepts: Out of network
Price: $150-170
Offers video and phone sessions

Zarna Shah
2 Hillside Avenue, Building E
Williston Park, NY 11596
(516) 693-2003
Specialties: Relationship Issues, Depression, Anxiety
Speaks: Hindi & Gujarati
Accepts: Major insurances
Price: $200-350
Offers video and phone sessions
Websites

1. **MannMukti**
   
   https://www.mannmukti.org/
   (also on Facebook, Instagram, and Twitter)
   
   MannMukti encourages dialogue of mental health issues in the South Asian community; primarily through stories (Speak Up) and experiences of young South Asians.

2. **Brown Girl Magazine**

   https://www.browngirlmagazine.com/health/mental-health/
   (also on Facebook, Instagram, Twitter, and YouTube)

   BGM is created by and for South Asian women who believe in the power of storytelling as a vehicle for community building and empowerment. The online magazine features a page specifically for mental health-related articles.

3. **MySahana**

   https://www.facebook.com/mysahana/
   (www.mysahana.org is under construction)

   MySahana works to address stigma and increase awareness about and prevention of emotional health issues in the South Asian community.
4. Palo Alto Medical Network
https://www.sutterhealth.org/health/south-asian
This health network’s website has a page dedicated to debunking myths and providing articles, research, and resources relevant to South Asian health.

5. HuffPost India
https://www.huffingtonpost.in/news/mental-health/
HuffPost India provides a wide range of mental health-related articles for the South Asian demographic.

6. The Desi Wellbeing Project
https://www.facebook.com/TheDesiWellbeingProject/
https://thedesiwellbeingproject.wordpress.com
The Desi Wellbeing Project is a virtual celebration of mental health stories within South Asian communities. Primarily based off of the page "Humans of New York", this project aims to decrease the stigma regarding mental health, share individuals' stories and battles, and create a sense of community.
Podcasts

1. **Stories of Stigma: South Asian Mental Health**
   Members of the MannMukti team interview guests about stigmatized topics and South Asian mental health.
   Available at mannmukti.org/podcasts and on Apple Podcasts, SoundCloud, Stitcher, Listen Notes, & Player FM

2. **Desi Women Diaspora**
   Author Mala Kumar interviews women of South Asian origin with the aim to break down negative stereotypes and foster a stronger sense of community.
   Available at malakumar.com/podcast and on Apple Podcasts, GooglePlay, SoundCloud, Stitcher, Himalaya, Listen Notes, Player FM, & iHeartRadio

3. **Brown Taboo Project**
   The founders of South Asian Sexual & Mental Health Alliance (SASMHA) discuss identity, mental health, healthy relationships, sexual health, and other brown taboos.
   Available at sasmha.org/podcast and on Apple Podcasts, Listen Notes, Pod Paradise, & Player FM
4 The Desi Condition
NYC-based desis talk about mental health topics and how they relate to experiences as millennials, as South Asians, and as people living with more than just one legacy.
Available on YouTube, Apple Podcasts, Spotify, Google Play, Stitcher, & Castbox

5 The Woke Desi
Living in New York and San Francisco, the ladies of The Woke Desi come together to discuss stigmas and empower a new generation unafraid of being bold and fearless.
Available on Apple Podcasts, Spotify, Anchor, Stitcher, RadioPublic, TuneIn, iHeartRadio, Castbox, and Player FM

6 Queering Desi
Community activist and writer Priya Arora celebrates experiences of South Asian LGBTQ+ community in conversations with guests.
Available at queeringdesi.com and on Apple Podcasts, Spotify, iHeartRadio, Google Podcasts, Audioboom, Castbox, Deezer, and RadioPublic
Apps
(available for free on App Store and Google Play)

1. Daylio Journal
   Keep track of your mood and feelings through the use of icons and colors to express yourself.

2. Youper
   Log your daily moods and track symptom progression. Use cognitive-behavioral therapy, mindfulness, and meditation for guidance.

3. 7 Cups: Anxiety and Stress Chat
   Speak confidentially (phone/online) with trained mental health providers.
4  **Infinity Loop: Endless Zen**

Play games that are designed to reduce anxiety and stress with the aim of staying focused and grounded.

5  **Calm**

Practice guided meditation and breathing/calming programs with music to help with anxiety, stress, and lack of sleep.

6  **SuperBetter**

Through gameplay, create new and more effective habits, strengthen relationships, and improve moods.
7  
**Headspace**
Guided meditation for sleeping, managing anxiety, finding a focus. Scheduled daily meditation sessions between 3 to 10 minutes. Receive uplifting notes, if wanted, during the day as a way to bring you back to a calmer state.

8  
**Aloe Bud**
Self Care check in for essential activities that can often be forgotten about in daily life, including hydration, sleep, checking in with friends/family, and simply taking breaks. Receive reminders to encourage routine and have a space to journal.

9  
**Motivation**
Positive quotes and reminders throughout the day. These quotes can be arranged into a plethora of categories, including appreciation, mindfulness, gratitude, and positivity.
Instagram Accounts

1. **Dil to Dil**
   @dil.to.dil
   Dil to Dil highlights personal South Asian mental health experiences on a weekly basis.

2. **Mental Health Talks India**
   @mentalhealthtalksindia
   Stories and artwork are used to initiate conversations about mental health in Indian communities.

3. **Bengali Mental Health Movement**
   @bengalimentalhealthmvmnt
   This platform reshapes discussions around mental health in the Bengali community.
4 Brown Girl Therapy
@browngirltherapy
This account fosters a wellness community for South Asian and first-generation women.

5 Sikh Your Mind
@sikhyourmind
Clinical psychologists, social workers, and therapists spread mental health awareness for the Sikh community.

6 SOCH Mental Health
@soch_mentalhealth
Soch is a mental health initiative founded by two Punjabi community mental health nurses in Canada.

7 South Asian Sexual & Mental Health Alliance (SASMHA)
@southasainssmhma
This account shares tips on mental health within South Asian communities and snippets from their podcast "Brown Taboo Project".
<table>
<thead>
<tr>
<th></th>
<th>Mind Heal(th)</th>
<th>Mind Heal(th) spreads mental health awareness through healing quotes accompanied by simple illustrations.</th>
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<tr>
<td>9</td>
<td>Kiddah Mental Health</td>
<td>Kiddah posts quotes that promote discussions of and engagements with mental health across South Asian communities.</td>
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<td>Dr. Tina Mistry</td>
<td>A practitioner psychologist shares wellbeing tips and graphics about mental health, media representation, and reflection in the South Asian community.</td>
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<td>11</td>
<td>Blue River Psychology</td>
<td>A counseling psychologist shares posts about maternal and women's mental health as well as well-being.</td>
</tr>
</tbody>
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Mental Health Activities
Mindfulness Exercise 1: Recognizing Mind Quality Mindfulness
(Approximately 5-10 minutes)

Facilitator: I would like everyone to start this exercise, as usual, by placing your feet squarely on the ground and sitting up in your chair so that your back is straight but not rigid. Assume the posture that we always take in these exercises, as it will help us to stay alert and focused. Let’s begin by first noticing or paying attention to the fact that your body is actively sensing the environment. Notice that you can feel yourself sitting in the chair and you can feel your feet on the ground. Now, gently close your eyes. I would like you to place your attention at the tip of your nose and begin to notice the sensation of air moving in and out of your nostrils ... Pay attention to your breathing. (Continue with silently paying attention to breathing for about a minute.)

Now I would like you to gently shift your attention to your mind’s eye and imagine a place in nature like a garden or a park ... perhaps a lake, stream, or mountain that you like to visit. Take some time to picture this place. Look around and notice all the sights and sounds there. Allow yourself to just be in this place. (Wait about one or two minutes.) Now imagine that, as you visit this place in nature, a swarm of gnats have come and are whirling around just above your head. They are flying this way and that. They make buzzing noises; some fly closer to your ear and sound louder, some rise high above your head at the top of the swarm and can barely be heard ... And you know how it is that when you come across a swarm of gnats and you try to move away, they somehow follow? Well, that is what happens here. You step to one side and then the other, and that swarm still hovers over you. You may even try to run, yet still the swarm follows ... See if you can take a minute and just let the swarm be there. Notice the buzzing but also notice that the gnats don’t actually harm you. They just fly around, seeming to be a problem. They are very busy, but their busyness is really just a lot of noise and flying around. That’s it. See if you can reconnect to this place in nature and just allow the swarm to be there. Stay with this place as gently as you can and invite the swarm to stay, allowing the swarm to do what it does ... See if you can resist batting the swarm away, ... gently remaining in this place of nature while also observing the swarm. Do the best you can settle into being aware and noticing the swarm. (Allow a minute or two of noticing.)

Now, gently releasing your attention from this place and the swarm, turn your focus to your breathing. (Allow a few breaths.) And then notice your body and how it feels to sit in the chair. Notice the placement of your feet, arms, and head. Picture what the room will look like, and when you are ready to return, rejoin the room by opening your eyes.
Mindfulness Meditation - Thoughts on a Leaf

Close your eyes and direct your attention to your breathing.

Think about nothing but your breathing... Let it flow in and out of your body.

Continue your attention on your breathing—Imagine that you have a balloon in your stomach. Every time you breathe in, the balloon inflates. Each time you breathe out, the balloon deflates. Your abdomen is rising with the in-breath and falling with the out-breath.

Continue to focus on your breath.

Start to notice the thoughts that come to your mind.

As you notice each thought, imagine putting those words onto a leaf as it floats by on a nearby stream.

Especially when you experience a(n) [enter client’s type of thought here], put each of those thoughts that you notice onto a leaf, and watch it drift on by.

There is no need to look for the thoughts, or to remain alert waiting for them to come. Just let them come, and as they do, place them onto a leaf.

Your attention will wander, especially at first, and that is ok—its what our mind does. As soon as you notice your mind wandering, just gently bring your focus back to your thoughts, and back to placing those words onto the leaves.

When you feel ready, bring your attention back to your breathing.

When you are ready, open your eyes and become aware of your environment.
Leaves-on-the-Stream Metaphor

(1) Find a comfortable position and either close your eyes or fix them on a spot, whichever you prefer. Get in touch with the experience of sitting on the chair, with your feet in contact with the floor.

(2) Now I’d like to invite you to imagine that you are standing by the bank of a gently flowing stream, watching the water flow past. Imagine feeling the ground beneath your feet, the sounds of water flowing past, the way that the stream looks as you watch it (pause briefly).

(3) Imagine that there are leaves from trees, all different shapes and sizes and colours, floating past on the stream. And you are just watching these float on the stream, this is all you need to do for the next few minutes (pause).

(4) Now, I’d like you to notice each sensation, feeling and thought that you become aware of, and imagine placing it on a leaf, and letting it float on by. Do this regardless of whether the thoughts and feelings are positive or negative, pleasurable or painful. Even if they are the most wonderful thoughts, place them on the leaf and let them float by (pause).

(5) If your thoughts stop, just watch the stream. Sooner or later your thoughts will start up again (pause).

(6) Allow the stream to flow at its own rate. Notice any urges to speed up or slow down the stream... and let these be on leaves as well. Let the stream flow how it will.

(7) If you have thoughts or feelings about doing this exercise, place these on leaves as well (pause).

(8) If a leaf gets stuck or won’t go away, let it hang around. For a little while, all you are doing is observing this experience – there is no need to force the leaf down the stream (pause).

(9) If you find yourself getting caught up with a thought or feeling, and the stream disappears, just notice what you got caught up with, and gently turn this into a leaf and let it float on the stream. You are just observing each experience as a leaf on the stream. It is normal and natural to lose track of this exercise, and it will keep happening. When you notice it does, just bring yourself back to watching the leaves on the stream.

(10) Gently let the image of the stream and leaves dissolve and bring your awareness back to sitting in the chair, in the room.
Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:
5 = Frequently 4 = Occasionally 3 = Rarely 2 = Never 1 = It never occurred to me

**Physical Self-Care**
- ___ Eat regularly (e.g. breakfast, lunch and dinner)
- ___ Eat healthy
- ___ Exercise
- ___ Get regular medical care for prevention
- ___ Get medical care when needed
- ___ Take time off when needed
- ___ Get massages
- ___ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- ___ Take time to be sexual—with yourself, with a partner
- ___ Get enough sleep
- ___ Wear clothes you like
- ___ Take vacations
- ___ Take day trips or mini-vacations
- ___ Make time away from telephones
- ___ Other:

**Psychological Self-Care**
- ___ Make time for self-reflection
- ___ Have your own personal psychotherapy
- ___ Write in a journal
- ___ Read literature that is unrelated to work
- ___ Do something at which you are not expert or in charge
- ___ Decrease stress in your life
- ___ Let others know different aspects of you
- ___ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- ___ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- ___ Practice receiving from others
- ___ Be curious
- ___ Say “no” to extra responsibilities sometimes
- ___ Other:

**Emotional Self-Care**
- ___ Spend time with others whose company you enjoy
- ___ Stay in contact with important people in your life
- ___ Give yourself affirmations, praise yourself
Love yourself
Re-read favorite books, re-view favorite movies
Identify comforting activities, objects, people, relationships, places and seek them out
Allow yourself to cry
Find things that make you laugh
Express your outrage in social action, letters and donations, marches, protests
Play with children
Other:

Spiritual Self-Care
Make time for reflection
Spend time with nature
Find a spiritual connection or community
Be open to inspiration
Cherish your optimism and hope
Be aware of nonmaterial aspects of life
Try at times not to be in charge or the expert
Be open to not knowing
Identify what is meaningful to you and notice its place in your life
Meditate
Pray
Sing
Spend time with children
Have experiences of awe
Contribute to causes in which you believe
Read inspirational literature (talks, music, etc.)
Other:

Workplace or Professional Self-Care
Take a break during the workday (e.g. lunch)
Take time to chat with co-workers
Make quiet time to complete tasks
Identify projects or tasks that are exciting and rewarding
Set limits with your clients and colleagues
Balance your caseload so that no one day or part of a day is “too much”
Arrange your workspace so it is comfortable and comforting
Get regular supervision or consultation
Negotiate for your needs (benefits, pay raise)
Have a peer support group
Develop a non-trauma area of professional interest
Other:

Balance
Strive for balance within your work-life and workday
Strive for balance among work, family, relationships, play and rest
Some Simple Ways to Relieve Some Stress

Watch a sunrise  
Listen to cat purring  
Walk barefoot  
Sing a song  
Go to the beach  
Whistle  
Hike in the woods  
Blow bubbles  
Focus on the positive  
Give a hug  
Ask for help  
Tell a joke  
Listen to music  
Cook a meal  
Paddle a canoe  
Dance  
Meditate  
Play with a dog  
Have a cup of tea  
Complete something  
Lie in the sunshine  
Take a break  
Play with a child  
Talk to friend  
Throw a ball  
Hum a tune  
Play a drum  
Take a deep breath  
Keep a journal  
Write a poem  
Get up early  
Prioritize  
Practice patience  
Stroke a pet  
Read some fiction  
Do Tai Chi  
Lend a hand  
Have an idle chat  
Plant a flower  
Indulge a “guilty pleasure”  
Sit still  
See a movie  
Get a massage  
Watch fish swim  
Set limits  
Play a sport  
Say “No”  
Paint a picture  
Walk in the rain  
Take a country drive  
Enjoy a reverie  
Take a bubble bath  
Go to bed on time  
Walk a labyrinth  
Ask for what you need  
Make love  
Write a letter  
Watch a fire or candle burn  
Stretch  
Take a nap  
Give a compliment  
Smile  
Feed birds and squirrels  
Take some photos  
Sleep in  
Pull some weeds  
Make a list  
Clean something  
Run in the park  
Say a prayer  
Arrange flowers  
Eat some chocolate  
Tell a story  
Do a puzzle  
Practice kindness  
Focus on your senses  
Laugh out loud  
Watch sunset
The strongest people are those who fight unseen battles.