


Sakhi
for South Asian Women

**MENTAL
HEALTH**
RESOURCE GUIDE

2022 / EDITION 3



**For Survivors, Thrivers,
and Those in Between**

Table of Contents

About Sakhi.....1

What is Mental Health?.....2

Primary Resources (Services)

- a. Organizations.....3-7
- b. Service Providers.....8-16
 - 1b.Manhattan.....8-12
 - 2b.Brooklyn..... 13
 - 3b.Queens.....14-15
 - 4b. Staten Island.....15
 - 5b. Long Island.....16

Secondary Resources

- a. Websites.....17-18
- b. Podcasts.....19-20
- c. Apps.....21-23
- d. Instagrams.....24-26
- e. Activities.....27-33

About Sakhi

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

What is Mental Health?

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.

.

Organizations

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: sapnanyc.org

Contact: (718)–828–9772 or info@sapnanyc.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 7

Service Providers



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

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

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

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

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

Maryum Khwaja

Nasiha Counseling
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

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

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

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 100196
(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

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

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

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

Sadia 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

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

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

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

Long 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](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/new
s/mental-health/](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/TheDesiWellbei
ngProject/](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)

@southasainssmh

This account shares tips on mental health within South Asian communities and snippets from their podcast "Brown Taboo Project".

8

Mind Heal(th)
@mindheal_th

Mind Heal(th) spreads mental health awareness through healing quotes accompanied by simple illustrations.

9

Kiddah Mental Health
@kiddahmentalhealth

Kiddah posts quotes that promote discussions of and engagements with mental health across South Asian communities.

10

Dr. Tina Mistry
@brownpsychologist

A practitioner psychologist shares wellbeing tips and graphics about mental health, media representation, and reflection in the South Asian community.

11

Blue River Psychology
@blueriverpsychology

A counseling psychologist shares posts about maternal and women's mental health as well as well-being.

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 work space 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.