



INSPIRED AND CREATED BY MEGAN SAMUELS DURING  
THE 2020 COVID-19 PANDEMIC.

# Mental Health Workbook

TAKING TIME FOR YOUR MENTAL HEALTH IS  
IMPORTANT NOW MORE THAN EVER!



# The Eating Disorder Center

Eating Disorder Therapy and Recovery Coaching in Rockville, MD and worldwide! Call 301-246-6856 to schedule a free 15 minute consultation!

<https://www.theeatingdisordercenter.com/>

*Created by Megan Samuels*



# Welcome

HI THERE! MY NAME IS MEGAN AND I AM AN ASPIRING THERAPIST FOR PEOPLE STRUGGLING WITH SEXUAL ASSAULT TRAUMA, EATING DISORDERS, SELF-INJURIOUS BEHAVIORS, AND SUICIDAL IDEATION.

COVID-19 HAS THREW ME IN DIFFERENT DIRECTIONS THAT I WASN'T EXPECTING, WHICH CAN BE DIFFICULT. I FELT THERE WAS A NEED FOR A WORKBOOK DURING THIS TIME (OR AFTER) TO CREATE SOME STRUCTURE, CERTAINTY, AND STABILITY DURING THESE CHALLENGING TIMES.

NOTE: I AM NOT A MENTAL HEALTH PROFESSIONAL AND THIS IS EXCLUSIVELY FOR EDUCATIONAL PURPOSES. PLEASE REACH OUT TO A MENTAL HEALTH PROFESSIONAL FOR TREATMENT.

# Daily Routine

I HAVE FOUND IT HELPFUL TO  
HAVE A PLAN FOR THE DAY  
THAT INCLUDES:

- MEALS & SNACKS
- WORK/SCHOOLWORK
- CLEANING
- SELF-CARE
- INTERACTING WITH FRIENDS  
AND LOVED ONES
- SLEEP



# Daily Planner

Date \_\_\_\_\_

M      T      W      T      F

Time	Agenda	Projects
9		
10		
11		
12		
1		
2		
3		
4		Notes
5		
6		
7		
8		
9		
10		

Consistent sleep is very important, especially for those struggling with mental health symptoms.

What does your current sleep schedule look like? Are you satisfied with this sleep schedule? Is there anything you would want to change? Feel free to jot some notes below:



# Journal Prompts

JOURNALING CAN BE A GREAT WAY TO EXPRESS YOUR THOUGHTS AND FEELINGS DURING THESE POTENTIALLY CHALLENGING TIMES.

1) What do you currently not have control over  
and how can you let those things go?



2) What does a perfect day look like for you?

# Support System

A MAJOR TOPIC OF CONVERSATION DURING THESE TIMES IS PHYSICAL ISOLATION. REMEMBER THAT DOESN'T MEAN SOCIAL ISOLATION! YOU DESERVE TO BE ABLE TO COUNT ON YOUR FRIENDS FOR SUPPORT.



Reaching out to loved ones who are supportive is essential during these confusing times. Feel free to list some friends, family members, or mental health professionals who you can reach out to when you are struggling or want to talk.

Are there any barriers to reaching out to these people? How can you overcome or move around these barriers to get the help and support that you deserve?

# Meals & Food

CHANGE CAN BE A DIFFICULT TIME FOR ANYONE STRUGGLING WITH MENTAL HEALTH SYMPTOMS. IT IS SO IMPORTANT TO CONTINUE EATING REGULAR MEALS AND SNACKS EACH DAY.



I find it helpful to have a few meal and snack ideas that are easy to make and accessible in case I am busy. Feel free to jot down some staple meals and snacks. This can be helpful when you are hungry and not sure what to eat.

Breakfast Meal Options:

- 
- 
- 

Lunch Meal Options:

- 
- 
- 

Dinner Meal Options:

- 
- 
- 

Snack Options:

- 
- 
-

# Self-Care

I FEEL THAT SELF-CARE IS JUST AS IMPORTANT  
AS DOING SCHOOLWORK OR GOING TO WORK.  
IT IS IMPORTANT TO TAKE TIME FOR YOURSELF.



What are some self-care skills that you have enjoyed in the past? How have these skills been effective in the past for you?

What are some new self-care skills that you would like to try? What would it be like to try these?

What are some movies that you enjoy watching?  
Do you have any movies that you have been  
meaning to watch for awhile but just haven't had  
time?

What are some books that you enjoy reading? Do  
you have any books that you have been meaning  
to read for awhile but just haven't had time?



# Grounding

GROUNDING IS A WAY TO FURTHER CONNECT  
WITH YOURSELF. IT CAN BE ESPECIALLY HELPFUL  
DURING TIMES OF CHANGE AND UNCERTAINTY.

Grounding can be intentionally trying to return to the present moment in your current body through the use of activities that engage the five senses.

*When I am experiencing increased anxiety...*

1. What are some things that I can touch?

- 
- 

2. What are some things that I can smell?

- 
- 

3. What are some things that I can taste?

- 
- 

4. What are some things I can hear?

- 
- 

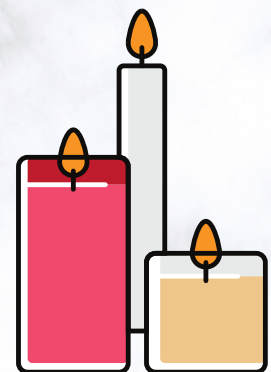
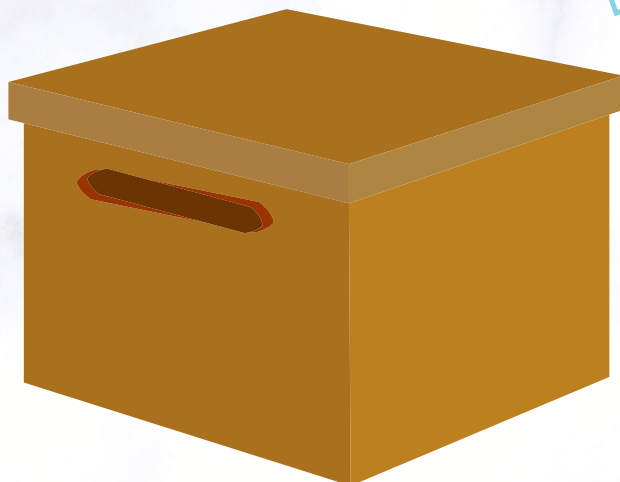
5. What are some things I can see?

- 
-



Some people like to create a sensory or grounding box. This can mean taking an old shoe box and putting some of the sensory items you jotted down on the previous page in the box.

I have included some suggestions of sensory objects for a sensory or grounding box below.



What are some other grounding techniques you can think of? Are these currently accessible to you?

Some other suggestions include:

- Taking a bath
- Sitting under a weighted blanket
- Listening to a guided meditation
- Engaging in yoga or gentle movement
- Painting your nails
- Engaging in arts and crafts activities
- Sitting in nature
- Hugging a loved one (that can include pets!)
- Focusing on breathing



# Mood

YOU MAY NOTICE OR ANTICIPATE A SHIFT IN YOUR MOOD DURING THIS TIME OF CHANGE AND UNCERTAINTY. THESE MOOD SHIFTS ARE IN NO WAY PERMANENT.

Mood trackers can come in various styles. There are apps you can download and worksheets you can print out. I am going to walk you through more of a DIY mood tracker that can be customized and made just for you!

### **1) Get a piece of paper or open up a blank document or a spreadsheet**

The format of this mood tracker can be designed uniquely for you, by you!

### **2) Decide how long this will be (hourly, daily, weekly, monthly)**

If you see a therapist each week, maybe track your mood daily for seven days and then go over it with them during your session.

### **3) Decide the different mood options**

Some options that I have thought of include:

- Smiley face, straight face, or sad face
- Anxious, calm, depressed, joyful

### **4) Find a way to mark which emotion you are feeling**

This may look like a checkmark in the appropriate feeling box or you writing in what you are feeling



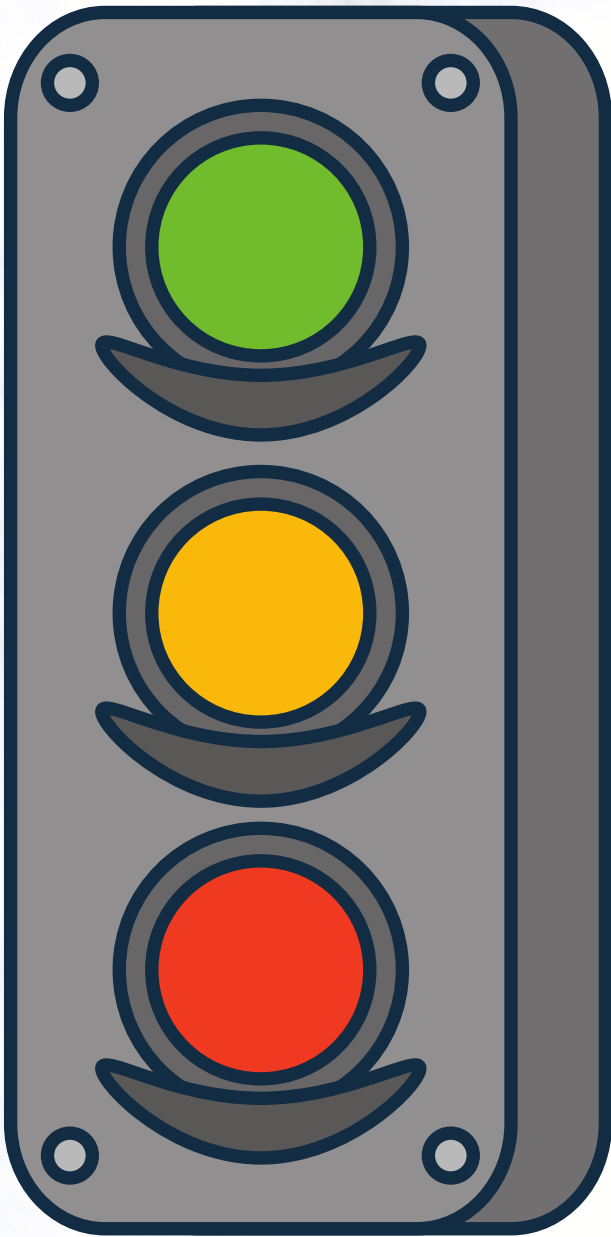
Feel free to get started on your mood chart below:

# Warning Signs

TIMES LIKE THESE CAN CAUSE PANIC. IT IS IMPORTANT TO RECOGNIZE SIGNS THAT YOU ARE STRUGGLING AND NEED TO SEEK OUT MORE HELP.



One suggestion is doing a stoplight activity. Next to the green light, write things that would happen if you are coping well with mental health struggles. Next to the yellow light, write warning signs that may occur. Next to the red light, write behaviors or thoughts that may indicate that you are struggling with your mental health.



# *Inspiration*

I LOOK TO INSTAGRAM TO FIND INSPIRATION AND THINGS THAT RESONATE WITH ME. THE NEXT FEW PAGES ARE SOME POSTS THAT REALLY STOOD OUT TO ME. I HAVE ALSO INCLUDED SOME REFLECTION QUESTIONS, FEEL FREE TO JOT SOME ANSWERS DOWN BELOW THE QUESTIONS.





## A soft reminder as we enter a new week:

We (all of us) are currently going through a collective traumatic experience. Trauma is often thought of as "too much, too fast"... which is exactly what's happening.

Of course you're exhausted. Of course you're afraid. Of course you're overwhelmed. Of course you're clinging to certainty in the midst of so much unknown. Of course you aren't as productive, feeling foggy, or wondering how you can possibly go through so many waves of emotions all in the same day. This all makes so much sense in the context of our circumstances. Be gentle with yourself. Have compassion for your process. Give yourself grace.

You are good, no matter how you are managing this completely new experience.

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Lisa Olivera

How are you allowing yourself to be gentle?

# social distancing BINGO

@twgdesigns

SLEPT IN	BAKED SOMETHING	FINISHED A PUZZLE	BINGED AN ENTIRE SEASON	SNACKED ALL DAY LONG
WROTE IN JOURNAL	FACE-TIMED A FRIEND	SHOPPED ONLINE	TOOK A BATH	GOOGLED MY SYMPTOMS
TRIED A PINTEREST DIY	COOKED A MEAL	<i>free</i> ... WASHED HANDS	SENT A MEME	CLEANED SOMETHING
ORGANIZED A DRAWER	WATERED MY PLANTS	WORKED IN PJs	WATCHED A MOVIE	MEDITATED
MADE A TIK TOK	LISTENED TO A PODCAST	LEARNED SOMETHING NEW	CUDDLED MY PET	WORKED OUT

Which of these activities have you engaged in and how did they feel?



You can be  
hurting, healing,  
and growing all  
at the same time.

#forwomenwhoroar

Do you agree or disagree with this? Please explain.

# THINGS YOU CAN CONTROL:

- what time you get up
- how much news you consume
- taking deep breaths
- how seriously you take social distancing
- your night time routine
- how you communicate your needs
- when to take a break
- setting boundaries
- who you follow on social media
- moving your body in a way that feels good



@THERAPYWITH\_STEPHANIE

Are there other things not on this list that you have control over?



**Fear. Anxiety. Emotional Dysregulation.  
Sadness. Grief. Panic. Trauma.  
Depression. Worry. Distress. Agitation.  
Fear. Anxiety. Emotional Dysregulation.  
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Depression. Worry. Distress. Agitation.  
Fear. Anxiety. Emotional Dysregulation.  
Sadness. Grief. Panic. Trauma.**

**IF THE COVID-19 PANDEMIC IS NEGATIVELY  
IMPACTING YOUR MENTAL HEALTH,  
YOU ARE NOT ALONE.**

*Dr. Christina*

**Depression. Worry. Distress. Agitation.  
Fear. Anxiety. Emotional Dysregulation.  
Sadness. Grief. Panic. Trauma.  
Depression. Worry. Distress. Agitation.  
Fear. Anxiety. Emotional Dysregulation.  
Sadness. Grief. Panic. Trauma.  
Depression. Worry. Distress. Agitation.**

How has this pandemic impacted you and how are you feeling about it?



**Maybe one of the hardest things  
to do right now is be gentle.**

**We can do hard things.**



**@themindfuldietitian | Fiona Sutherland**

I challenge you to write, "We can do hard things."  
three times below and say them aloud.



Look how much you've  
already managed to  
adapt to. Look how  
resilient you've already  
been. There's no "right"  
way to respond to this  
because it's never, ever  
happened before. Give  
yourself some credit. ☆  
There's no one in the  
whole world who has  
this figured out yet.  
So it's absolutely okay  
if you don't either ♡

mellow doodles

What can you give yourself credit for right now?  
How are you showing resiliency?



# COVID-19 FEELINGS

TIME SEEMS TO  
HAVE PAUSED  
INDEFINITELY

FEELING A  
COLLECTIVE  
"TOGETHERNESS"  
DESPITE  
BEING PHYSICALLY  
ISOLATED

REALIZING  
THAT HUMAN  
CONNECTION  
IS NOT JUST AN  
OPTION, IT'S A  
NECESSITY

CONSTANT SENSE  
OF DISPLACEMENT

GREATER  
APPRECIATION  
FOR LIFE'S GIFTS.

@rockinruksi

GRIEVING FOR A  
LOST SENSE OF  
NORMALCY

BEING  
CONFRONTED  
WITH THE  
CHALLENGE  
OF BEING  
ALONE WITH  
MYSELF

PLANNING IS  
NO LONGER  
RELEVANT

I'M FORCED TO  
LIVE DAY-BY-DAY

HOLDING ON TO  
HOPE LIKE A  
LIFE-LINE.



What stands out to you? What is it like to grieve for a sense of normalcy?



# Gratitude

FINDING THINGS THAT YOU ARE GRATEFUL FOR CAN BE A WAY TO APPRECIATE AND FIND HAPPINESS IN THINGS.

What are some things that you are grateful for?  
They can be big, small, or in-between...this list is  
only for you!

Here are some things that I am grateful for:  
How do these resonate with you?

**The warm spring  
weather.**

**Education.**

**Having enough  
food during  
these uncertain  
times.**

**Family and friends who  
love me.**

**Music.**



Another idea is deciding to write three things you are grateful for each day. Below is a template for one week. This can also be printed out multiple times for practicing gratitude in this way for more than one week.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Resources

THESE TIMES ARE TOUGH, NO NEED TO SUGAR COAT IT. IF YOU ARE IN NEED OF ADDITIONAL SUPPORT PLEASE DO NOT HESITATE TO ENGAGE WITH ANY OF THE RESOURCES BELOW.



## **Books:**

- Self-Compassion, by Kristin Neff
- Love Warrior, by Glennon Doyle Melton
- Carry On, Warrior, by Glennon Doyle Melton
- Untamed, by Glennon Doyle
- The Gifts of Imperfection, by Brene Brown
- Bad Feminist, by Roxanne Gay

## **Podcasts:**

- "Therapy Thoughts," by Tiffany Roe
- "Unlocking Us with Brene Brown," by Brene Brown
- "Life Kit," by NPR
- "Tara Brach," by Tara Brach
- "Terrible, Thanks for Asking," by Nora McInerny

## **Hotlines:**

- National Suicide Prevention Hotline:
- 1-800-273-8255
- LGBT National Help Center: 1-888-843-4564
- Crisis Text Line: Text 741-741
- National Eating Disorders Association Hotline:  
(800) 931-2237