

## June 5<sup>th</sup> Rise N Learn Resources (Compiled from Chat Log)

Ways to cope with stress/engage in self-care:

- taking a walk
- Running/walking with my dog.  
Painting my nails
- Nature and yoga
- pet my cats
- time with our dog and son
- Exercise, prayer, nature
- Hot yoga, walks alone, spa day
- gardening
- Making art
- Practice my recorder (music); biking; gardening. Prayer/meditation  
Energy Medicine Exercises
- Journaling, running, and crafting
- gardening
- Take a day off, doing my nails, time with my daughter
- Walking/Jogging, playing piano, connecting with friends
- journaling
- talking a walk, spending time with friends and family
- music, walking, meditation
- prayer
- deep breathing, listening to music, walking
- Depends on where I'm at...at work, closing everything, going for a walk and getting a nice beverage like a fruit drink or coffee
- yoga, walking, pulling weeds, planting
- gardening
- YOGA YOGA YOGA
- Walking early AM, gardening, gratitude, prayer ,meditation..
- massages, self time, prayer
- Cathryn Savino: Day off to SLEEP
- Eileen Taflan: Prayer, drawing, getting in touch with my friends
- prayer and listening to instrumental music
- talk to my sister
- walking swimming writing
- Call a friend
- pouring into others
- cuddling with my dog
- shop therapy
- rest, talk to family, swimming
- Reorganizing my house and running
- eating sometimes when I shouldn't
- nature walks, gratitude, and mindfulness
- Reading cozy mysteries; puzzles
- The Coursera Course - the Science of Wellbeing is free and really awesome  
<https://www.coursera.org/learn/the-science-of-well-being?isNewUser=true>
- Make sure I'm living in the present moment
- dance
- crafting

Regarding assessing/interventions for suicidality:

- In my practice I have found that it is very important to watch the eyes of the person with whom you are talking, whom you are assessing for suicide risk. I have found when you ask if they considering suicide, they may initially deny it, but they will involuntarily shift and move the eyes. Ask further questions!
- I also assess for not just a plan, but a backup plan. I'm also a YMHFA trainer and we talk about "disarming the plan."
- <https://vimeo.com/355995975>
- MY3 App, notOK App
- Catholic Charities has a LOSS outreach for families who are struggling after a family member dies by suicide. the intake # is 312-655-7725