

## Resources and Stress Relief Techniques

- **Online Mental Health Resources:** like myStrength is free of charge when using the code OCCMHA to register.
  1. Visit [www.myStrength.com](http://www.myStrength.com).
  2. On the myStrength.com home page, click on “Sign-up.”
  3. Enter the following Access Code: OCCMHA
  4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
  5. **Go Mobile!** Using the access code above, get the myStrength app for iOS and Android devices at [www.mystrength.com/mobile](http://www.mystrength.com/mobile)
  
- **Box Breathing Techniques:**
  1. Sit comfortably in a chair with both feet flat on the ground
  2. Slowly exhale all the air you can
  3. Slowly inhale for a count of 4
  4. Hold your breath for a count of 4
  5. Exhale for a count of 4
  6. Hold your breath for a count of 4
  7. Repeat these steps until you are ready to stop
  
- **Ground Techniques:**
  1. Sit comfortably in a chair with both feet flat on the ground:
    - a. List 3 things you can see
    - b. List 3 things you can hear
    - c. List 3 things you can feel
  
  2. Pick up or touch items near you:
    - a. Think about the weight of the item
    - b. How well does it fit in your hand?
    - c. Is it cool or warm to the touch?
  
  3. Hold a piece of ice:
    - a. How does it feel?
    - b. How long does it take to melt?
    - c. How does the melting water feel on your skin?
  
  4. Move your body:
    - a. Jumping Jacks
    - b. Jumping up and down
    - c. Jogging in place
    - d. Yoga
    - e. Stretching

5. Do math (it shifts the section of your brains primary function to help center you):
  - a. Count backwards from 100
  - b. Do multiplication tables in your head
  - c. Pick a number and find as many ways as you can to make it (20: 5x4, 10+10 etc....)
  
6. Do Math (it shifts the section of your brains primary function to help center you):
  - a. Count backwards from 100
  - b. Do multiplication tables in your head
  - c. Pick a number and find as many ways as you can to make it (20: 5x4, 10+10 etc....)
  
7. Recite things from memory:
  - a. Your favorite songs
  - b. Poems
  - c. Movie or TV show lines
  
8. Sit with your pet:
  - a. Pet them if you can
  - b. Notice how their fur feels
  - c. If you can hold them, notice how they feel in your lap
  
9. Make mental lists:
  - a. Your favorite foods
  - b. Your favorite TV shows or movies
  - c. Your favorite books
  
10. Make plans for the future, when this has passed (because it will pass):
  - a. What friends will you want to meet up with?
  - b. Where would you want to go?
  - c. What is something you want to try that you haven't done yet?
  
11. Listen to music:
  - a. Where were you when you first heard the song?
  - b. What does it mean to you?
  - c. Do you know the words? If so, sing along!!