

Share the Health:

A collection of non-medical alternatives that clients use to promote their health and well-being

A project of the
California Network of Mental Health Clients,
Bay Area Region
2007-08



Technique

The purpose of this booklet is to give clients more choices about how they can approach mental health conditions.

This booklet is written in the spirit of mutual aid and peer support. It is not intended as medical or professional advice.

To use this booklet look in the left hand column for a symptom you may have and then look in the right hand column for non-medical alternatives. If you can't relate to any of the symptoms, simply use the suggestions on the right to get ideas for how you might enhance your wellness.

Symptom

AGITATED

ANGRY

Technique

Go to Threshold Choir practice

Write in my journal

WRAP

Homeopathy

Eliminate sugar from diet

Go to Network Chiropractor

Pray to Christ spirit to remove symptom

Yoga 2x/week

Check in with support group

Attend a 12-step meeting, such as AA or NA

Go to a movie

Check in with therapist

Watch favorite TV programs

Quiet time, stay at home activities

Take a walk

Attend meeting or training

Technique

Symptom

ANGRY (CON'T)

Technique

Meditate
Go to the movies
Call friends
Work with church
Prayers

ANXIETY ABOUT MONEY

Go to workshop on stretching your budget
Take a walk
Make wise choices about money
Play a silly game
Rationalize anxiety isn't needed
Get into a program that provides meals
Rub Buddha's belly maybe he'll spit money
Sit in a massager chair
Massage yourself with a tennis ball
Breathe awareness -count 12 breaths
Create a list of providers you can exchange with
Acupuncture
Join Berkeley Be Fit or exercise program
Practice body awareness/feel your body in chair
Go to places that have resources
Co-counseling (take turns listening)
Physically discharge feelings
Shake your body to metabolize adrenalin
Exercise/activity
Get information about stipends
Have a joke book

Listen to music
Write what I want to say

ANXIOUS

Symptom

ANXIOUS (CON'T)

Technique

Exercise
Talk to someone
Read
Yoga
Pray to Christ spirit to remove symptom
Hot bath
Share stories
Take a walk
Yoga 2x/week
Dance
Laughter therapy
Go to Network Chiropractor
Be with family
Go for a long walk
Avoid caffeine
Attend a 12 step meeting
Meditation
Somato Respiratory Integration
Check in with support group
Diaphragmatic breathing
Stretch
Meditate
Call friends
Self help - WRAP
Deep breathing
Being nature
Attend meeting or training
Eliminate sugar from diet
Go to the movies
Call friends

Mindfulness
Call therapist

Technique

Symptom

ANXIOUS (CON'T)

Technique

Meet with therapist
Breathing techniques
Cry out the pain
Quiet time, stay at home activities
Homeopathy
Write in my journal
Read a good book
Work with church
Relaxation therapy
Watch favorite TV programs
Go to self help center & talk to consumers
Listen to Native American music
Read the Bible
Meditation
Massage
Deep breathing
Go to a quiet place & stay still
Check in with therapist
Watch a funny movie/laughter
Gardening
Visit the beach
Take a walk
Interact with other people
Prayers
Listen to music
Tell myself that I am ok and no one will hurt me

Take a walk
Attend meeting or training
Deep breathing
Laughter therapy
Exercise

CONFUSED

Symptom

CONFUSED (CON'T)

Technique

Being in nature
Meditate
Talk with a friend/support system person
Maintain a normal, daily routine
Hot bath
Read
Mindfulness
Self help - WRAP
Dance
Write what I want to say
Talk to someone
Exercise
Listen to music
Share stories
Focus on 1 thing at a time
Walk the dog
Read
Dance
Visit the ocean
Stop
Read affirmations or spiritual thoughts
Breathe
Talk with a friend
Meditate
Sit by the fire
Do artwork
Share stories
Walk
Bathe/sit in a hot tub
Do artwork
Hug a tree
Go to the movies

Technique

Symptom

CONFUSED (CON'T)

Technique

Call friends
Write in journal
Watch TV/movie

DE-GRADED

Self - Talk

DELUSIONS

Walk
Talk with a friend/support system person
Write in journal
Exercise
Do artwork
Watch TV/movie
Read
Maintain a normal, daily routine

DEPRESSED

Breathing techniques
Relaxation therapy
Listen to music
Dance
Watch a funny movie/laughter
Cry out the pain
Visit the beach
Take a walk
Interact with other people
Gardening
Listen to music
Read a good book
Massage
Meditation
Read the Bible
Listen to Native American music
Go to self-help center & talk to consumers

Symptom

DEPRESSED (CON'T)

Technique

Meet with therapist
WRAP
Walk to the coffee shop
Go to sleep
Attend 12 Step AA/NA meetings
Deep breathing
Be with family
Go see friends
Homeopathy
Meditation
Exercise
Yoga
Surf internet for health info
Write thoughts down in journal
Write poetry
Listen to healing & meditation music
Go for a walk
Yoga
Use my WRAP
Call friends
Call therapist
Go to the movies
Meditate
Attend meeting or training
Take a walk
Tell myself that I am ok and no one will hurt me
Quiet time
Yoga 2x/week
Go to Network Chiropractor
Pet a dog or cat
Pray to Christ spirit to remove symptom

Technique

Symptom

DEPRESSED (CON'T)

Technique

Visit Golden Gate Park
Stretch
Diaphragmatic breathing
Eliminate sugar from diet
Journal

FATIGUE

Dance
Take a walk
Visit the beach
Watch a funny movie/laughter
Interact with other people
Relaxation therapy
Breathing techniques
Cry out the pain
Stop
Listen to music
Gardening

FEAR

WRAP
Take a walk
Attend meeting or training
Meditate
Go to the movies
Call friends
Homeopathy
Pray to Christ spirit to remove symptom
Go to Network Chiropractor
Yoga 2x/week
AA
Eliminate sugar from diet

Symptom

FRUSTRATED

INSOMNIA

Technique

Show up in a familiar community
Go to a movie

Gardening
Call friends
Take my medications
Meditate
Attend meeting or training
Deep breathing
Being in nature
Take a walk
Interact with other people
Go to the movies
Visit the beach
Share stories
Watch a funny movie/laughter
Dance
Exercise
Hot bath
Laughter therapy
Take a walk
Talk to someone
Listen to music
Listen to music
Write what I want to say
Dance
Self-help - WRAP
Mindfulness
Cry out the pain
Breathing techniques
Relaxation therapy
Read

Technique

Symptom

IRRITABLE

Technique

Take a walk
Attend meeting or training
Meditate
Take my medications
Go to the movies
Call friends
Write in my journal
Avoid caffeine
Go for a long walk
Quiet time, stay at home activities
Check in with support group
Check in with therapist
Prayers
Watch favorite TV programs
Work with church

ISOLATED

Write poetry
Show up in a familiar community
Attend a 12-step meeting
Write thoughts down in journal

LONELINESS

Meet with therapist
Go to self help center & talk to consumers
Attend 12 Step AA/NA meetings
Go to Threshold Choir practice
Show up in a familiar community
Attend a 12-step meeting

OUT OF CONTROL

Listen to music
Visit the ocean
Bathe/sit in hot tub

Symptom

OUT OF CONTROL (CON'T)

Technique

Walk the dog
Breathe
Focus on 1 thing at a time
Read affirmations or spiritual thoughts
Stop
Share stories
Hug a tree
Do artwork
Sit by the fire
Meditate
Walk with a friend
Dance

OVERANALYZING

Exercise
Maintain a normal, daily routine
Talk with a friend/support system person
Read
Watch TV/movie
Write in journal
Walk
Do artwork

OVERWHELMED

Read affirmations or spiritual thoughts
Do artwork
Sit by the fire
Meditate
Reduce stimuli
Focus on 1 thing at a time
Share stories
Bathe/sit in hot tub
Visit the ocean
Listen to music

Technique

Symptom

OVERWHELMED (CON'T)

Technique

Dance
Hug a tree
Walk the dog
Breathe
Stop
Talk with a friend

PAIN

Attend meeting or training
Meditate
Go to the movies
Call friends
Breathe in squares (4 in, hold 4, 4 out, hold for 4)
Finger pulling
Take a walk
Stand up and move about
Acupressure points

PANIC ATTACKS

WRAP
Eliminate sugar from diet
Go to Network Chiropractor
Pray to Christ spirit to remove symptom
Yoga 2x/week
Homeopathy
AA

PARANOID

Read a good book
Exercise
Maintain a normal, daily routine
Talk with a friend/support system person
Read
Watch TV/movie
Do artwork

Symptom

PARANOID (CON'T)

Technique

Walk
Tell myself that I am ok and no one will hurt me
Listen to music
Yoga
Call friends
Call therapist
Stretch
Diaphragmatic breathing
Write in journal
Be with family

POST TRAUMATIC

Watch a funny movie/laughter
Interact with other people
Cry out the pain
Breathing techniques
Relaxation therapy
Dance
Gardening
Take a walk
Visit the beach
Listen to music

RACING THOUGHTS

Do artwork
Talk with a friend/support system person
Exercise
Walk
Maintain a normal, daily routine
Read
Write in journal
Watch TV/movie

Technique

Symptom

Technique

RAGING

Massage
Deep breathing
Meditation
Read the Bible
Listen to Native American music

SAD

Journal
Pet a dog or cat
Take a walk

STRESS

Meet with therapist
Stand up and move about
Acupressure points
Finger pulling
Breathe in squares (4 in, hold 4, 4 out, hold for 4)
Gardening
Pet a dog or cat
Take a walk
Journal
Attend 12 Step AA/NA meetings
Go to self-help center & talk to consumers
Get help filling out forms

SUICIDAL

Call friends
Call therapist
Diaphragmatic breathing
Yoga
Listen to music
Read a good book
Tell myself that I am ok and no one will hurt me

Symptom

Technique

SUICIDAL (CON'T)

Stretch
Be with family

TEARFUL

Go to room & cry to shed feelings

TRIGGERED

Question why & by who?
Talk with people in authority, if out of my control
Look to see I should say SORRY

UNCOMFORTABLE

Turn the music on
Go for a walk
Music in my mind
Find something familiar to focus on
Read something positive
Dance
Breatheeee
Talk to someone

UNSURE

Talk to someone
Dance
Turn the music on
Music in my mind
Breatheeee
Find something familiar to focus on
Read something positive
Go for a walk

UPSET

Drink tea or low caffeine coffee
Go to a quiet place & stay still
Journal writing

Technique

Symptom

USELESS

WITHDRAWN

Technique

Go to Threshold Choir practice

Laughter therapy

Mindfulness

Hot bath

Deep breathing

Read

Take a walk

Self Help WRAP

Dance

Write what I want to say

Listen to music

Exercise

Talk to someone

Share stories

Being in nature

IDEAS NOT CONNECTED TO A SYMPTOM

Exercise, Swim, Walk

Meditation

Talk with a friend

Tai Chi

Music

Deep Relaxation

Talk with a friend/support system person

Black Women's Media

Go to self help center & talk to consumers

WRAP

Tell my network of clients

Writing

Relaxation therapy

Time Management

For more information about the methodology of the project, contact the California Network of MH Clients for a copy of the research brief.

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Thanks you to the following people who worked on this project:

Roger Lezcano

Keris Merick

Carol Patterson

Shelley Spear

Gulshan Yusufzai

and...

the clients who responded to the Bay Area survey