

Breathe Deep

The Guide to Finding the Mental Health You
Desire Most



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PART ONE

ACHIEVING OPTIMAL MENTAL HEALTH





WHY MENTAL HEALTH

Your mental health affects every aspect of your life: either positively or adversely. The state of your mental health will ultimately determine the quality of life you lead.

Having good mental health can positively affect:

- your inter and intrapersonal relationships
- your relationship with stress
- how you show up in the world
- your capacity to serve others
- your personal self esteem and self love

As a result, it impacts so much of our day to day lives. Having good mental health contributes to the feeling of internal peace. So, let's get started on our journey to breathing deep.

Kristin L. Mitchell, M.Ed.

CEO of K. Restoration Wellness Salon, LLC.

WHAT DOES OPTIMAL MENTAL HEALTH LOOK LIKE?

Having optimal mental health looks like an abundance of peace, self respect, positive self esteem, the practice of good decision making, the ability to manage life's stressors with grace and relative ease, emotional stability, success with regard to inter and intra personal relationships, and so much more.

WHEN SHOULD I START WORKING ON MY MENTAL HEALTH?

NOW! Working on your mental health should be a daily and continual practice. We want to avoid reactive attempts to support your mental health: only working to manage it when a crisis occurs in your life. We want to consistently and constantly practice forms of mental health, so that you have a toolkit of practices and resources to pull from when they are most needed.



PART TWO

MANAGING MENTAL HEALTH



DIFFERENT WAYS TO MANAGE YOUR MENTAL HEALTH



SUPPORT GROUPS



HEALTHY EATING



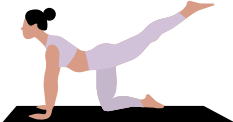
AROMATHERAPY



PRAYER



THERAPY



EXERCISE



MEDITATION



RELAXATION



JOURNALING



THE BENEFITS OF THERAPY

Therapy has many benefits:

- Opportunity for self reflection
- Addressing unhealed trauma
- Gaining of knowledge/wisdom/insight
- The ability to manage and regulate emotions
- The development of necessary skills to improve inter and intra personal relationships
- Creating a toolkit of resources for managing life's stressors in a healthy way
- Identifying and working to address areas of growth
- Support with shifting unhealthy perspectives
- A safe space to process difficult emotions
- And so much more...

FOUR STEPS TO FINDING THE RIGHT THERAPIST FOR YOU

1

Many providers accept insurance and you're often only responsible for covering a co-pay. Review your current insurance coverage to determine if you have to pay out of pocket. If your chosen provider doesn't accept insurance, create a budget if needed.



2

Search for the provider of your preference and ensure that they are within your insurance network. Be sure to get a sense of their offerings and determine whether or not their skill set and experience supports your individual needs.

3

Schedule an appointment with the provider whose services and profile most closely aligns with your specific needs

4

Adhere to your scheduled appointment and be open minded about your new experience.





RECOMMENDED THERAPISTS

Laconya Reed

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

Kia Oliver

<https://kreatingintentionalminds.com/>

Sothia Green

<https://www.drsothiagreen.com/home>

Trina Goffe

<https://www.godsway-counseling.com/>

Alexis Jones

<https://www.transcendclinicalservices.org/>

Kristen Brooks

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

Douglas Gotel

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

THERAPY PRO TIPS

Pick a therapist within your area of need. For example, some therapists specialize in trauma based therapy. Consider your specific needs when selecting a therapeutic provider.

Places to search for a therapist include: Psychology Today, Therapy for Black Girls, HelloAlma.com, and OpenPathCollective.org.

I personally like to take notes while in therapy and keep a therapy notebook for future reference. You can even light an aromatherapy candle while in session to help with relaxation. Whatever helps you to most effectively process the information is what you need to do before & during your session!

Thank You





NEED MORE INSIGHT & SUPPORT?

JOIN OUR PRAYER CALLS

JOIN THE REMINDER LIST