

# YOUR HEALTH MENTAL MATTERS

AND IS JUST AS IMPORTANT AS  
YOUR PHYSICAL HEALTH



☎ 512-442-3366



📍 3205 S 1st St,  
Austin, TX 78704

# About Austin MHC

## MISSION STATEMENT

Austin Mental Health Community supports and advocates for a person's right to achieve mental wellness, self-empowerment, and self-sufficiency.

## SERVICES

Bus Pass Program  
Computer Lab with Tutorials  
On-site Volunteer Program  
Peer Mentor Program  
Peer Mentor Outreach Team (PMOT)  
Peer Supervision (MHPS, RSPS, RPS)  
Private Pay One-to-One Services  
Resource Navigator  
Warm Line

## SUPPORT GROUPS

General Peer Support Groups  
Hooked on yarn  
Poetry as a Tool for Wellness  
Seated Tai-Chi  
Spanish General Peer Support Group  
Wednesday Funday  
WRAP (Wellness Recovery Action Plan)

# AUSTIN MHC MENTAL HEALTH MONTH



## ACTIVITIES

May is Mental Health Awareness Month.  
Come join the fun!



### RECIPES FOR HAPPINESS

Share your story  
(*videos, spoken word, poems, PDFs*)

For more information and to submit your story go to  
**<https://austinmhc.org/MHAM2024>**

### WELLNESS BINGO FUNDRAISER

Starts Monday, May 6th - May 17th



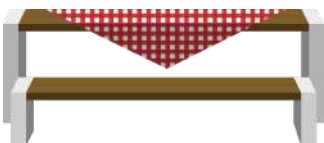
Bingo Cards are \$20 each  
Purchase begins on Monday, April 22nd

To purchase your cards go to  
**<https://austinmhc.org/MHAM2024>**

### **FEATURED PEER SUPPORT GROUP**

### POETRY AS A TOOL FOR WELLNESS

(11:30 am-1:00 pm)  
Dates: May 7th, 14th, 21st, 28th  
Zoom Meeting ID: 842 0577 2257

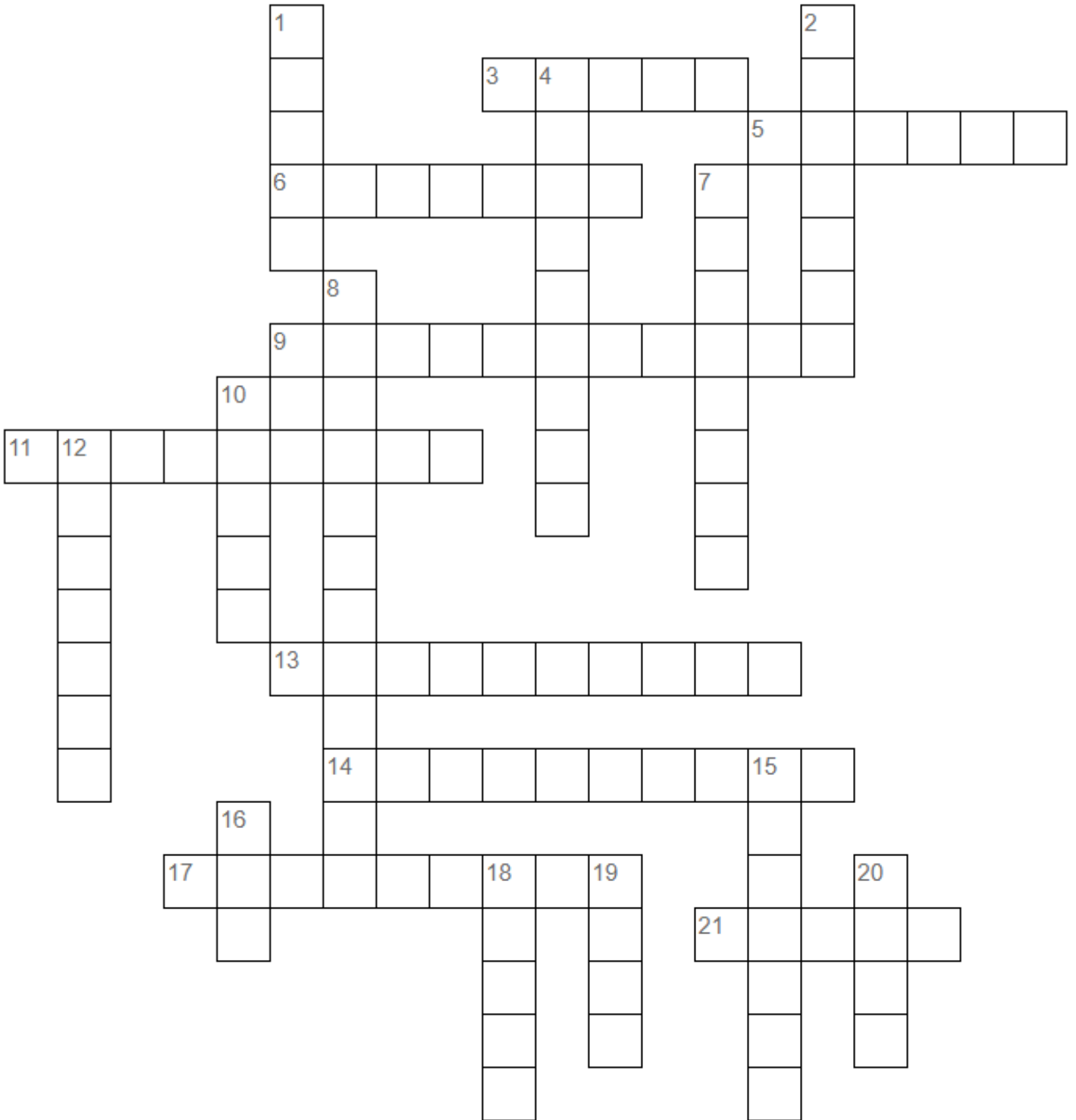


### PICNIC IN THE PARK

ROY G. GUERRERO COLORADO RIVER METRO PARK  
AT THE PAVILION

Time: 11:00 am-3:00 pm  
When: May 31, 2024

Where: 400 Grove Blvd Austin tx 78741



## ACROSS

3. You feel this when you have nothing to do
5. Many people feel this when they do not have coffee in the morning
6. When waiting for someone, it is best to be this
9. When you feel this way, you might cause a little bit of trouble
11. Christians are encouraged to be this at all times, but especially during Lent
13. If you win the war, you are this
14. Before making decisions it is a good idea to be this
17. The opposite of awful
21. Children often act this way to make grown ups laugh

## DOWN

1. Don't worry. Be\_\_\_\_\_!
2. Many people feel this if they have to speak in front of a crowd
4. People who are disrespectful and loud are also this
7. The opposite of guilty
8. The feeling you get when your plans fall apart
10. You might feel this when someone hurts your feelings
12. How you feel when you are looking forward to something
15. People who worry a lot are sometimes labeled this
16. This is a feeling and a woman's name
18. This is a feeling and a man's name
19. Everybody needs this
20. This feeling rhymes with some

## Answer Key

3. Bored; 5. Cranky; 6. Patient; 9. Mischievous; 11. Repentant; 13. Victorious;  
14. Thoughtful; 17. Wonderful; 21. Silly; 1. Happy; 2. Nervous; 4. Bored; 7. Innocent;  
8. Disappointed; 10. Angry; 12. Excited; 15. Upright; 16. Joy; 18. Frank; 19. Love; 20. Glum

# THINGS THAT MAKE ME HAPPY

Write or draw what makes you happy.

What makes you feel joy?



SET  
GOALS

HEALTH IS  
WEALTH

EAT  
MORE  
GREENS

LOVE LIFE

BE FEARLESSLY AUTHENTIC

CHERISH FAMILY  
PHOTOGRAPHS

FEEL THE MOMENT

STAY POSITIVE  
AND HAPPY

SELF AWARENESS






SMILE EVEN  
IF YOU DON'T WANT TO

NO REGRETS

BE CURIOUS

THE MORE WE TALK, THE  
MORE WE UNDERSTAND

HOPE

-  Serves: 1 person
-  Difficulty: Medium
-  Total time: 10 minutes
-  Ingredients: open mind, open heart
-  Nutritional values: Joy, Calmness, Zen, Peace, Relaxation

## Description

Laughter, contentedness, peacefulness, lightness, calmness, smiling: all positive emotions and our body's natural reaction to the feeling of happiness. We may know what it feels like in our bodies, but happiness can be a challenge to define, due to the variety of definitions across different cultures, values, and even personalities. One way to help us understand happiness is by understanding hedonic happiness versus eudaimonic happiness.

- **Hedonic happiness** is when you feel enjoyment or pleasure from things that you partake in – like going out for dinner with friends, getting pampered at a spa, or attending a comedy show. These are often considered fleeting experiences.
- **Eudaimonic happiness** is achieved through having a sense of purpose in life, that offers a deeper meaning to why you do what you do.



## Step 1: Act of Kindness:

We can all benefit from an act of kindness in our lives. When you do acts of kindness, your feeling of joy will increase. A few acts of kindness you can do today:

- Offer someone a compliment.
- Buy a stranger a coffee.
- Donate time/flowers/money to a nursing home.

## Step 2: Practicing Gratitude

Being grateful can lead to more positive emotions in your every day life. You can practice gratitude by:

- Keeping a gratitude journal with 1-5 things you are grateful for every day
- Expressing your gratitude for others.
- Practice gratitude meditations.

## Step 3: Discovering the Silver Lining

Even when hard things are happening, there is always something good on the other side. To help reframe your thoughts to find the positive, you can:

- Ask yourself, five years from now, will the thing that is bothering you still be an issue?
- Try to find one positive lesson you can take from the issue or problem you are facing.
- List three potential positives to a problem you're facing

## Step 4: Connecting with Others

Connecting with others is very important for us and our mental health. There are many ways you can connected with people in your life, including:

- Visit an exhibition, gallery or museum and discuss the different things you saw.
- Do an activity that you don't normally do together, like hiking or painting.
- Open up to someone close about something that you're struggling with.

# SELF-CARE WORD SEARCH

B S U D O K U W Z C M H F R C I T L E A T U F Y  
Y R O T S A E T I R W R F R E T T U L C E D B S  
B U L L E T J O U R N A L W E V I G R O F O B S  
F R F V R T N I A P T M I S O M Q S K N A K T E  
E I V O M A H C T A W M A X X L M W O R C A I N  
J Q S R C G U O G K F K S I A I A I D E K B L L  
B O U N D A R I E S L G K I L F V G M D H E E U  
V D U F T N O I T C E L F E R Q A I K I S N F F  
K D I Y Y I V X X A W N O P V M T T R L F E M D  
R I I D U D B J C Y E G R A E E S E A I W I W N  
U W L Z E K A B G V H E H C M L T O A Y Y G X I  
L I H T A B E L B B U B E E T T G M R M B Y D M  
K T B I E G E I E T G T L W E V D D O Y B H O U  
P O E A E N D T J N I U P L L H D S M K O P O S  
X V L P J P A N I X D C A S Y Q B T A L H E F I  
P R O L H T D N E E R D X D S R H Z T A W E Y J  
R L U L I T E W H I N V R B D A E R H W E L H L  
A A F D U D I C K E R A E K K B H K E E N S T B  
Y B E K R N S W S I T F Q L Y K I G R R I W L M  
F M U A G S T B Y I L S L P P O O I A U W R A G  
C I G E J U O E O A R H A L G J V B P T L H E Q  
Q V G L I A C N E E L G E Z A I A N Y A L N H J  
O L O E S D O S Y R O P D K O C S C F N I E V P  
X P V P T G N I S Y C R E A T E A R O U T I N E

CREATE A ROUTINE  
SLEEP HYGIENE  
HEALTHY FOOD  
BOARD GAME  
HYDRATION  
SUDOKU  
PRAY  
JOG

SCHEDULE ME TIME  
WATCH A MOVIE  
BUBBLE BATH  
BOUNDARIES  
NEW HOBBY  
GOALS  
READ

BULLET JOURNAL  
WRITE A STORY  
CALL FRIEND  
REFLECTION  
VOLUNTEER  
PAINT  
SING

PLAY WITH PET  
AROMATHERAPY  
MINDFULNESS  
DECLUTTER  
MEDITATE  
SMILE  
YOGA

SEND A LETTER  
ASK FOR HELP  
NATURE WALK  
GARDENING  
FORGIVE  
BAKE  
DIY

# Daily Gratitude Reflection

WHAT INSPIRED ME TODAY

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A MOMENT THAT MADE ME SMILE:

SOMETHING I DID WELL:

WHAT AM I LOOKING FORWARD TO NEXT WEEK?

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10 THINGS I AM GRATEFUL FOR THIS WEEK:

1. 

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2. 

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3. 

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4. 

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5. 

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6. 

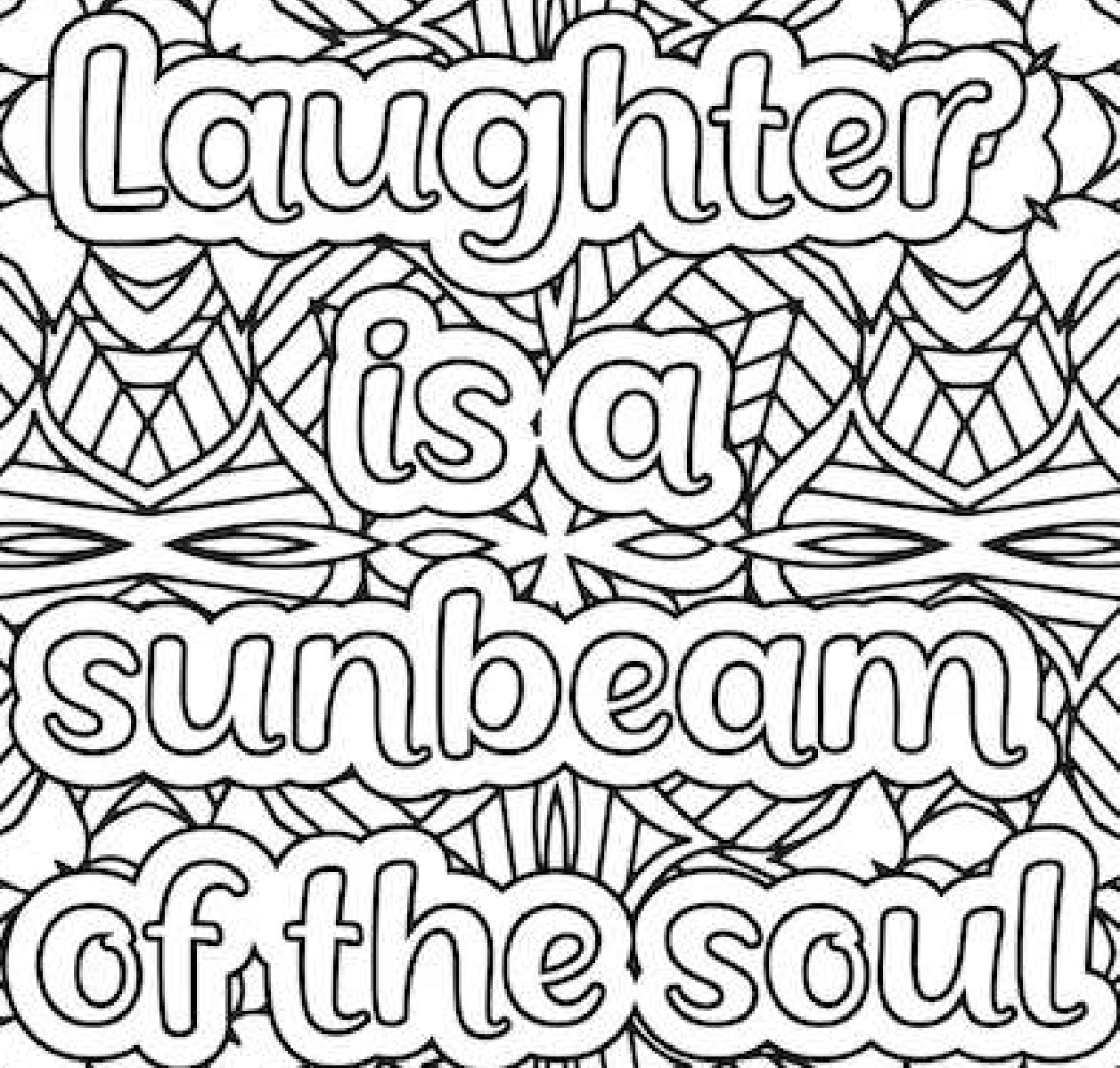
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7. 

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8. 

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9. 

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10. 

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Laughter  
is a  
sunbeam  
of the soul

# SELF-CARE PLANNER

DATE: \_\_\_\_\_ MONTH \_\_\_\_\_ YEAR \_\_\_\_\_

## Today's Mood



Things that made  
Me feel my best  
Today

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## Self-Care List

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Affirmation

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## Inspiration

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# Happiness Jar

What made you smile today? What made you feel happiness? The jar below is for filling up with good, happy, joyful things that happen throughout your day. Open your creativity and enjoy.



# Statewide Resources

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***Texas RioGrande Legal Aid***

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

***Lone Star LegalAid***

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

***Free Online Support Groups***

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

<https://recoverttogether.withgoogle.com/#resource-map>

<https://sharewellnow.com/>

<https://austinmhc.org/hope/#schedule>

***Texas Mental Health Assistance***

<https://www.mentalhealthtx.org>

***National Harm Reduction Coalition***

<https://harmreduction.org/>

***The Peer Network***

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

***The National Association of Peer Supporters***

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

***General Help Resources***

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

***Phone Numbers:***

211 - HHSC - Health and Human Services Commission

311 - Non-emergency Police, Fire, and EMS line

411 - General Information

911 - Emergencies

988 - National Suicide and Crisis Lifeline

***Crisis Text Line (Non-Emergencies ONLY)***

Text 741-741



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