

TOOLS OF THE PROGRAM

Our mental health consists of 4 aspects: mental, emotional, physical, and spiritual. We aim to take care of all 4. Here are some suggestions on how to do it on our “tools of the program”:

MENTAL:

1. In our skill sharing segment, we have knowledgeable people who share about different skills that we can use to calm and control our mind and thoughts when we are in distress and if we are unable yet on how to apply the spiritual principles of recovery
2. We use the spiritual principles of recovery to calm our mind by thinking about Higher Power and our purpose on this Earth.
3. One of our slogans is “Keep the Focus on the Positive” along with others like “Let go and let god” and “Be gentle with yourself”
4. Sharing in group discussions about our mental health can also calm our thoughts and mind by sharing with others and relating to them.
5. Slowing down, deep breathing, and using meditation techniques can all help to calm down our thoughts and mind.

EMOTIONAL:

1. In our group discussions, we each take turns to talk and have an atmosphere of unity and respect which will transfer over to our feelings through validation and being heard.
2. Acknowledgement (validation- the act of being heard) at group discussions is critical to healing our emotional health.
3. The lack of judgement and criticism at group discussions also contributes to healing our emotional health which is why we honor the crosstalk statement and let everyone finish their thoughts before responding.

4. Honoring and respecting our feelings is an important part of group discussions

PHYSICAL:

1. Going for a walk, yoga, exercising, running, stretching, gaining flexibility, and moving our body all help to improve our physicality and our mental health.
2. Eating well, the right foods, limited snacking, timing our meals, and eating a variety of foods can also help our bodies and mental health.
3. Sleeping and resting are crucial to healing our mind and bodies and achieving recovery.
4. Meditation can also help calm our body and mind.
5. Asking for a hug or some form of physical validation can help feelings of being alone.

SPIRITUAL:

1. We use the 7 spiritual recovery principles and guidelines to heal our mental health.
2. We ask God for help when we struggle.
3. We realize we have a creator, are therefore special, and our soul comes from God.
4. We learn Chassidus and Torah which can help us further connect to God.
5. Pray and meditate daily on God's will for us.