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# MENTAL HEALTH WELLNESS WORKBOOK ਸੋਚਣਾ (SOCHNA)



# Intention in sharing this booklet:

- **Opportunity** to pause.
- A **framework** to work through and think and reflect on your present circumstances.
- Acknowledge and give thanks for your strengths and life events.
- Consider what you want to **improve** and why.
- To continue your **journey** towards good mental health and well-being.

### Whats included?

- Reflective **exercises**.
- Moments to take pause ("**Rahao**")
- Brief psychological tips and **strategies** to aid reflection.



# Éveryone could benefit from support.

Support can come in many forms, ranging from therapy and/or support from Sikhi (to include sangat, seva, simran etc).

### Consider your personal circumstances:

- You may be going through a **significant life event** e.g. marriage, work changes, study transition's, new baby, grief, health concerns etc
- You wake up with a feeling of being **unsettled**, or a feeling of **sadness/worry** that occurs frequently.
- You're not sure of your **identity** or who you are.
- You might feel a little **lost**.
- You might be struggling to **motivate** yourself.
- You find yourself wanting to **please others.**



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THINK

Pause/Rahao

Take a few moments to consider what is going **through your mind right now** and make a few notes below. Consider your current circumstances in life, your concerns, difficulties and strengths.

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" A quiet mind	
is able 🛛 🗧	
to hear	
intuition	yourmind
	vourmind
over fear"	Joanna



## Breathing Activity:

- Take 6 deep breaths in (through your nose).
- Then out through your mouth (as if you are blowing out the candles on a cake).
- Place your hand on your heart area whilst breathing in and out.

Consider where you are in your journey with Sikhi and where you would like to be. (ie. what you would like to do more/less of?):

Let your breath be your anchor.	Sikhov yourmind



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We are blessed with a wealth of knowledge in Lurbani, recognising the difficulties faced in this lifetime.

Thrisnā ahinis aglī haumai rog vikār.

*but still, desires increase day and night, and the disease of egotism fills us with corruption.* (SGGS, Ang 20).

#### Than haimanchal gālīai bhī man te rog na jāe.

and if my body were frozen in the Himalayas-even then, my mind would not be free of disease. (SGGS, Ang 62)

#### Baho chintā chitvai āp na pachhānā.

*The mind is distracted by great anxiety; no one recognizes one's own self.* (SGGS, Ang 159)

#### **Jo janme se rog vi āpe.** *Whoever is born is afflicted by disease.* (SGGS, Ang 352)





Included are some exercises to help you to begin to connect with yourself on a **higher level**.

We will also include some of our **YouTube videos**.

We would like to highlight that this booklet is **not a replacement for therapy or more formal support** but an aid to begin thinking about any challenges in your life through self-reflection.

This booklet is intended to help start your practice to help you connect with yourself using **faith based and psychological techniques.** 









### Being present whilst listening to simran can be difficult and requires practice.

The following audio may be helpful in getting you started, to begin to **slow down your mind** and focus.

To bring yourself back to the present, to **YOU**.

English SYM: Meditation & Naam Abiyaas (English)

Punjabi

SYM: Mindfulness with Simran Meditation (Panjabi)

Thanks to Amandeep Kaur (Kaur Coaching)

Did you know you can do Waheguru Simran in different ways? Wahe-guru "WOW! Guru" Wa-he-gu-ru "WOW! When I meet you, I go

from darkness to light"



Tree of Life focusses on strengthening relationships with your own history, culture, significant people and places.

We would like you to draw out your tree.

Think of the **TRUNK** of the tree. The things that <u>matter to you</u> that may signify the kind of person that you are.

 Consider the ROOTS.
The roots are things in your life that nourish you and hold you steady.
Its important to have more than 2 roots. Move onto the LEAVES AND BRANCHES. Write down <u>everyday</u> <u>necessary</u> <u>things</u>, whether they are within you or external that help you grow.

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**TREE OF** 



## What is Light Stream and how to use it.

This technique is taken from a therapy called <u>EMDR</u> (Eye Movement and Desensitation & Reprocessing) therapy.

The <u>Light Stream</u> technique is an exercise that helps to ground feelings and bodily sensations. It is a technique that can be used by anyone.

The audio link below will help walk you through this exercise.

YouTube: The \*NEW\* Extended Light Stream by Alexandra Trent (English)





Purpose of this exercise is to gain an understanding of how you feel now versus how you compare to your ideal self.

This can also be a helpful measure of <u>self esteem</u>. You will need 3 blank pieces of paper and a pen.

#### Worst Person to be

Draw the worst person to be. Note the kind of person this is e.g. personality, who they are at work, home etc. Think about their greatest fear and what their ideal birthday gift would be, consider what their future may look like.

#### Marking

Mark where you are now and ideally where you would like to be.

Consider what would help you get to your ideal position.

#### **Ideal Self**

Think of the same as you did when considering the worst person (e.g. work, home, family, birthday gift etc). Draw this person.



Take a few moments to consider what is going through • your mind right now and make a few notes below.

Consider any changes since working through this booklet, any surprises or fears including further information you have about yourself.

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y * * K		
The image of an ideal self should drive and empower you to grow.	*	Sikh yourmind
Not to make you feel bad about your actual ,	*	Vourmind
current self.	2	<b>J O O I I I I I I I I I I</b>

This is just the **beginning**. We would encourage you to try these exercises regularly (especially if you're not sure at first).

We all have our own journey ahead and will progress at our own pace in our own time. **<u>Be kind</u>** to yourself as you navigate yours.

For further support - Sikh your Mind telephone helpline 0333 210 1021 (call free every day 7pm-9pm) (live chat function everyday 7pm-9pm on www.sikhyourmind.com)

#### Women's Wellness Group

Meets online every month - details on Instagram: @SikhYourMind



#### **DONATIONS:**

Sikh Your Mind is a volunteer run charity and this seva can only be done with your generosity.

Every donation, no matter the amount, is very welcome



HANK

Éternally grateful to our King of Kings, Sri Luru Granth Sahib Ji without whom we are nothing.

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**HANK** 

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Thu'n merā rākhā sabhnī thāī tābhao kehā kārā jīo. You are my Protector everywhere; why should I feel any fear or anxiety? (SGGS, Ang 103)

> Sukh vele Sukhraan, During times of happiness, practice gratitude

Dukh vele Ardaas During times of hardship, practice prayer

Har vele Simran. During all times, remember God.