



# TeamX Health

The X Factor in Healthcare

## RESOURCE KIT

---

REVIEWED BY

**UCLA** Center for East-West Medicine

## **Use of Information**

This material is presented for educational purposes only. All products mentioned in this toolkit are *suggestions* and we have no sponsorships with any third party companies or websites. "Hypertext" links to third-party websites on this material are provided solely as a convenience to you. If you use these links, you will leave this pamphlet. This pamphlet may not be replicated in any way shape or form under any circumstances.

For further suggestions on other potential products you can incorporate into your lifestyle, please see our google doc titled "Resource/Product Bundle"

**© TeamX Health 2021. All rights reserved.**

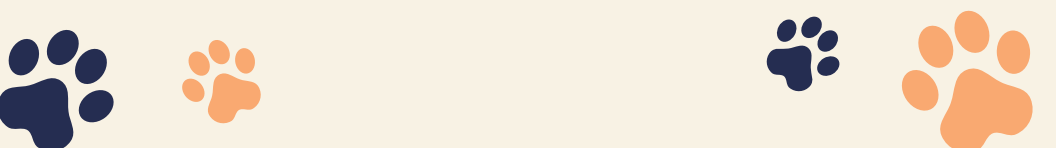


# The Benefits of Animals to Mental Health

Written by Alexis Cortez

COVID-19 apart from its physical trauma has also caused a heightened isolation and fear amongst people dealing with mental health. This is especially true for students wherein an interview survey study recently reported that 71% of students who participated in the study attributed increased stress, anxiety, and depression to the COVID-19 outbreak (Sasangoher, 2020). Along with such mental health struggles come the added pressures of concentration and academic performance students must maintain during their studies. It is important for students and others to learn how to cope with such mental health issues to succeed during these challenging times and one of the mechanisms this can occur in is in the form of animals. Over the past few years, researchers have explored the mental and physical benefits animals can have on humans which will be examined in the following paragraphs.

Animals are more specifically integrated into the world of mental health through animal assisted therapy. This involves using animals as a treatment tool for people to reach a variety of health goals during therapy sessions and other health-related settings such as for improving self-esteem and overall emotional well being (What is Animal Assisted Therapy, n.d.). Therefore, animal assisted therapy can definitely be adapted to a multitude of settings that can take a more formal or casual role in bettering mental health.



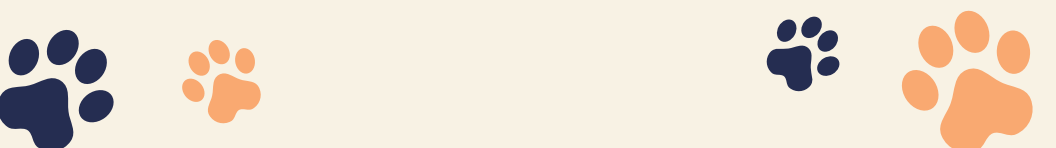


# The Benefits of Animals to Mental Health

Written by Alexis Cortez

Generally speaking, studies have found that 74% of pet owners have witnessed mental health improvements in themselves due to their animals ability to alleviate stress, anxiety, and depression for them and being able to facilitate social situations where they can bond with others over their pets (Feldman, n.d.). Biologically speaking, much of this observed mental growth can be accredited to the release of oxytocin, serotonin, and other chemicals in the brain that are released during these varying interactions with animals. Moreover, students in particular have been found to benefit from animals through reduced anxiety and improvement in mood over time as seen in a study that claimed university students experience higher rates of psychological distress (Thelwell, 2019). With even more mental health issues sweeping across the country during the time of a pandemic, it is likely that students are experiencing even more stress and in need of a form of relief that is present in animal interactions. Essentially, both students and non-students can benefit from animals for improving mental health because of the alleviation and utter sense of enjoyment animals often bring to humans in many spheres.

With there being seemingly no end in sight for COVID-19, people of all backgrounds will continue to tackle obstacles in their mental health that should not go unspoken. Animals are only one of the many outlets people should be opening to seeking to help cope with and improve their mental state as the benefits it serves have been found to be especially relevant to the circumstances they continue to undergo.



TEAMXHEALTH CONFERENCE CALL

# Puppy Therapy



## Benefits



lowers blood pressure, improves cardiovascular health, releases endorphines



lessens depression & anxiety



provides comfort & increases motivation

IF YOU WANT MORE INFO ON FOSTERING  
A DOG

CHECK OUT AWFA ON INSTA!!

@AWFAUCLA



# Apps!



## "TURNING SCREEN TIME INTO ME-TIME"

Since technology has become a frequent means of communication and entertainment, many who are looking to improve their lives turn to mobile applications in order to maintain and establish healthy routines. There are a multitude of mental health apps available for meditation, mindfulness, and stress designed to help those aiming to increase calm while other apps provide tools to target issues like stress, depression, and anxiety. Although such apps cannot replace face-to-face services, they are convenient tools for starting healthier habits. With this topic, we aim to provide you with a few highly-recommended mental health apps, many of which were proven to be effective with scientific research.

**1** To establish a healthy lifestyle, it is important to first become aware of our thoughts and feelings while establishing a clear mindset. Mobile apps designed for mindfulness help users tune into their emotions while giving an opportunity to deal with them through meditation. One great app for beginning and advanced meditators alike is Headspace, which provides a wide array of features on various topics such as managing anxiety & stress, sleeping soundly, being more active, and staying focused among others. You can try out longer courses on unique areas such as acceptance, navigating change, leaving home (a popular stress-inducing area of undergraduates) and shorter one-time meditations on connecting mind and body, jumpstarting your day, having difficult conversations, and more! Compared to other apps, a study found that Headspace had the highest app quality rating with a 3.8 in engagement, 4.8 in functionality, and 4.7 in aesthetics on a 5-point scale. While there is a basic plan available for free to the general public, you can try features such as group and child-focused meditations at an additional cost. Regular meditations on applications help establish life-long skills to aid you on your mindfulness journey anytime and anywhere with the convenience of a few simple clicks.

**2** Another step towards a healthier routine can be aided with habit tracking apps like Fabulous which motivates users to establish healthier habits while also tracking progress. Available on Apple and Android smart-devices, this app can help individuals target varying components of a regular day towards the realization of a productive routine. With an initial set up questions, the application sets up a personalized habit plan by recommending that the user starts with adopting one simple habit with recommendations such as drink water, exercise or stretch, show acts of kindness, master your sleep schedule, and reconnect with yourself among other adaptable habits. You can also choose from "Make Me Fabulous" categories to exercise, get inspired, practice yoga, or a simple sit and think all while tracking your daily progress towards achieving your goals. As young adults it can get easy to get wound up in responsibilities and forget to practice self-care or daily tasks, ultimately causing harm to your mental state, but with the ease of your mobile device you can continuously keep track of your goals throughout the day.

**3** While practicing mindfulness and good habits aid in promoting your well-being, mobile apps can provide users with the tools necessary to combat deeper conflicts such depression, anxiety, or mood disorders. While such apps should not be used as a replacement for medical treatment, from cognitive behavioral therapy to positive psychology, such mental health apps can especially provide convenience and immediacy to groups who cannot access face-to-face services or may need a more affordable option. The Anxiety & Depression Association of America (ADAA), partnered with One Mind PsyberGuide, reviewed apps on the three metrics, giving the app Happify a 5 for credibility, 4.59 for user experience, and an acceptable data transparency. After filling out a questionnaire, the app suggests groups of activities on a specific track to help the user reduce negative thinking and improve upon emotional well-being. In addition, users form a Happify community with forums and newsletters to establish motivation and a sense of togetherness among individuals. As a highly-interactive app, you are in control of your personal growth with a variety of articles, games, and meditations each aiming to improve upon your happiness score.

In this day and age, much of our daily interactions are centered around mobile devices, making it more difficult than ever to practice self-care. With life-enhancing apps specifically designed for meditation, habit-tracking, and positive thinking, it is now more accessible and affordable to gain support and motivation for improving upon daily routines. It is important to remember, however, that while mental health apps provide easy-access to a multitude of resources, it should only be considered a supplement to medical attention.

## RESOURCES

# 5 Apps For Your Mental Health

With technology being integrated into every part of our lives, our digital devices can become our most accessible resource in monitoring and boosting our mental health. While there are plenty of resources out there, check out the 5 apps below to get you started!

## 01 *7 Cups*

Ever felt like you needed someone to talk to but felt uncomfortable reaching out to people you know? **7Cups** is an online platform that connects those experiencing emotional distress to trained listeners and licensed therapists. Members can join a **free, anonymous** and **confidential** chat or enroll in paid therapy with professionals.

Price: Online chat services – Free  
Professional therapy (\$150/month)



## 02 *MindDoc*

**MindDoc** is a **mood journal** that uses progress reports and health assessments to improve wellbeing. Written and audio exercises are also provided to help with anxiety and depression.

Price: Free download with in-app purchases

## 03 *Headspace*

**Headspace** offers guided meditation and mindfulness audio sessions to help the everyday person de-stress and improve their mental health. Research shows Headspace can improve focus, decrease mind wandering, improve mood, happiness, and irritability.

Price: Basic Pack – Free!  
Subscription – \$12.99/Month



## 04 *Moodnotes*

**Moodnotes** is a journaling app based on cognitive behavior therapy and positive psychology. The app helps you **track your mood** and what influences it, develop healthier thinking habits, learn about "traps" in your thinking style, and more.

Price: Free!

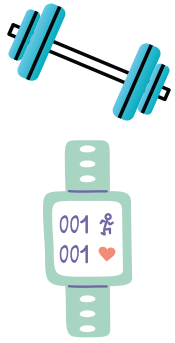
## 05 *Happify*

Want to improve your mental health whilst playing games on your phone? **Happify** has CBT and positive psychology-based **games** that help reduce stress, overcome negative thoughts, and build emotional resilience. 86% of users report feeling better about their lives in about 2 months!

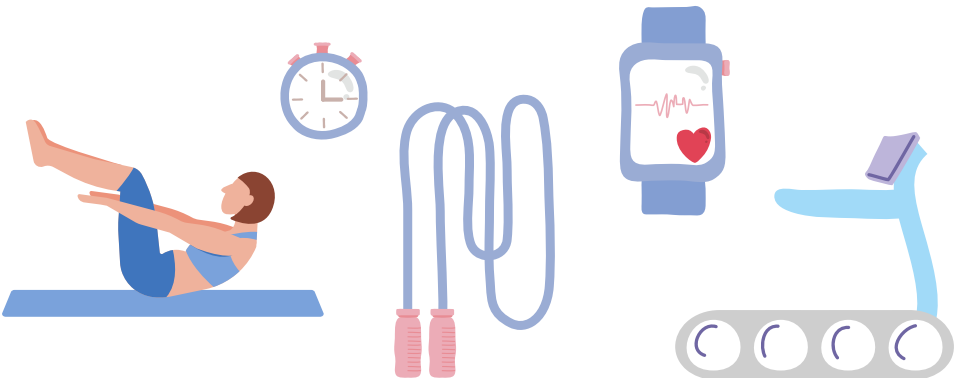
Price: Free!



# EXERCISE, MASSAGE, & SLEEP



EXERCISE, GOOD SLEEP, AND MASSAGE THERAPY ARE ALL KNOWN TO BE GOOD FOR YOUR BODY. BUT DID YOU KNOW THEY CAN ALSO BOOST YOUR MOOD, RELIEVE STRESS, IMPROVE YOUR MEMORY, AND HELP YOU DEAL WITH MENTAL HEALTH CHALLENGES SUCH AS ANXIETY, DEPRESSION, AND ADHD? THERE ARE MANY PROVEN POSITIVE IMPACTS THAT COME WITH THESE ACTIVITIES AND INCORPORATING THEM INTO YOUR WEEKLY ROUTINE CAN HELP YOU REAP THOSE BENEFITS. FOR EXAMPLE, A RECENT STUDY BY HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH FOUND THAT “RUNNING FOR 15 MINUTES A DAY OR WALKING FOR AN HOUR REDUCES THE RISK OF MAJOR DEPRESSION BY 26%” (WEIR, 2011) THIS IS BECAUSE EXERCISE PROMOTES THE GROWTH OF NEW BRAIN CELLS, REDUCES BRAIN INFLAMMATION, AND CAUSES BRAIN ACTIVITY PATTERNS WHICH PROMOTE FEELINGS OF CALM. EXERCISE CAN ALSO REDUCE FEELINGS OF ANXIETY AND STRESS BECAUSE IT RELAXES MUSCLES, RELIEVES TENSION, RELEASES ENDORPHINS, AND BOOSTS PHYSICAL AND MENTAL ENERGY (“EXERCISE AND MENTAL HEALTH,” 2019). SOME OTHER BENEFITS FROM EXERCISE INCLUDE SHARPER MEMORY, HIGHER SELF-ESTEEM, MORE ENERGY, AND STRONGER RESILIENCE. THESE ARE ALL QUALITIES WHICH ARE BENEFICIAL TO THE DAY-TO-DAY LIFE OF COLLEGE STUDENTS. IN FACT, YOU DON'T HAVE TO SPEND HOURS EXERCISING TO REAP THE BENEFITS; STUDIES SHOW THAT JUST 15 TO 30 MINUTES OF EXERCISE EVERY DAY CAN PROVIDE IMMENSE RESULTS, SUCH AS DECREASED STRESS, BETTER SLEEP, INCREASED CONFIDENCE, AND HIGHER CREATIVITY!



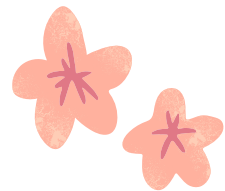
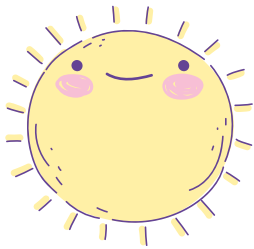


# EXERCISE, MASSAGE, & SLEEP



SLEEP IS ANOTHER IMPORTANT COMPONENT OF MENTAL HEALTH. BESIDES RESTORING THE TRANSFER OF INFORMATION THROUGHOUT YOUR BRAIN, SLEEP IS ALSO A STATE “IN WHICH MEMORIES CAN BE CONSOLIDATED AND STORED, AND INSTINCTUAL BEHAVIORS CAN BE REHEARSED. PART OF WHAT WE ENCODE IS EMOTION—ANXIETY, DISTRESS, REWARD” (CAREY, 2020). IN THIS MANNER, WE CAN SEE THAT SLEEP WORKS TO PROVIDE RESILIENCE AND MENTAL REST, ESPECIALLY AFTER A BUSY AND OVERWHELMING DAY. MASSAGE THERAPY IS ANOTHER BENEFICIAL ACTIVITY FOR OVERALL MENTAL WELLBEING. MESSAGES PROVIDE IMMEDIATE RELAXATION BY REDUCING HEART RATE AND BLOOD PRESSURE, WHICH IN TURN HELP REDUCE STRESS AND ANXIETY (NUHS ADMISSIONS TEAM, 2018). THEY CAN ALSO HELP RELIEVE TENSION AND REDUCE PAIN, ALLOWING FOR BETTER SLEEP WHICH CAN INCREASE OVERALL HAPPINESS AND REDUCE BUILT-UP TENSION.

ACTIVELY WORKING TO INCORPORATE THESE THREE ACTIVITIES INTO YOUR WEEKLY SCHEDULE CAN PROVE TO BE VERY REWARDING IN BOTH ACADEMIC AND PERSONAL LIFE. THESE ACTIVITIES NOT ONLY ALLOW FOR BETTER PERFORMANCE IN CLASS, BUT ALSO PROVIDE A HOLISTIC WAY TO IMPROVE YOUR MENTAL HEALTH.



z z Z



# EXERCISE, MASSAGE, & SLEEP



Rest, relaxation, and exercise can all aid in relieving stress and anxiety. All three improve your mental well-being as well as your physical well-being. Here is a list of items/resources we recommend

## [BED BUDDY NECK PILLOW HEATING PAD \\$13 \(AMAZON\)](#)

Heating pads can relieve tension and stress around the neck and shoulders as well as alleviate feelings of anxiety. Scents like lavender help also reduce stress levels.

## [TENS UNIT MUSCLE STIMULATOR \\$50 \(AMAZON\)](#)

Muscle massagers relieve aches & pains, reducing stress and improving sleep patterns. This item in particular is portable and includes 12 adhesive electrode pads that deliver deep tissue massages.

## [YOGA EXERCISES](#)

Yoga & daily meditation can reduce stress and anxiety by increasing heart rate variability, which is an indicator of the body's ability to flexibly respond to stress. You can find yoga/meditation instructors in your area or learn/practice remotely using tutorials from Youtube. Youtube Yoga Instructors: Jessica Richburg, Yoga with Adriene, SarahBethYoga.

## [ACUPRESSURE MASSAGE RINGS \\$7 \(AMAZON\)](#)

Acupressure massage rings can be used as a fidgeting toy to relieve anxiety and improve focus. Rolling the ring along your fingers can also activate acupressure points in the fingers by applying pressure.

## [ESSENTIALS WEIGHTED BLANKET GRAY \\$25 \(TARGET\)](#)

Weighted blankets can reduce anxiety by gently pushing weight onto you, "grounding" you. This reduces the levels of the stress hormone cortisol in your body and leaves you warm and snug as you sleep. Alternatives include blankets that range in weight as well as color and material.

# MUSIC AND MINDFULNESS



In an age of technology, music has become easily accessible to everyone using streaming services and apps like Spotify and Apple Music. The music itself fills the crevices of our daily lives- blasting from our car radios, quietly humming in elevators, echoing in restaurants and malls, and playing from our phones and laptops. Often, people tend to match the music they listen to with their current mood, choosing to play sad songs when feeling sad and happy songs when feeling happy. This correlation between music taste and emotions underlies an aspect of music that is often overlooked by the population: using music as a form of therapy.

Music has been used therapeutically throughout the years, its positive effects on mental health being heavily documented and researched. It has been noticed that “music and music therapy may benefit patients directly: physiologically, psychologically, and socio emotionally” (Kemper and Danhauer 2). Clear emotional changes have been noticed among both teens and adults after listening to different genres of music, especially classical and rock music. When teens listened to classical music, they experienced decreased tension, while listening to grunge rock increased their hostility, sadness, and level of tension. Music, clearly, has a strong effect on the mental and emotional state of those listening, being able to both increase and decrease tension.

As music affects emotion and physiology, it must also play a defining role in cognitive performance. Listening to music is a passive activity, it does not require any effort from the listener, and practice is not required to be a better listener. Yet, it has been noticed that often, a person’s better performance on certain tasks coincided with listening to music, a trend that was aptly named the “Mozart effect.” Overall, “music can change how listeners feel, and their feelings, in turn, influence their cognitive performance” (MacDonald et al 9).

# MUSIC AND MINDFULNESS



Music has a large effect on people's moods, which can, in turn, improve their ability to do tasks. People in a better mood often work faster and with greater levels of accuracy than those feeling depressed or melancholy. Using music to improve your mood may be a beneficial method of improving the quality of work you produce and the speed at which you produce it.

It is clear that music has a wide range of effects on the mental state of listeners, making music therapy a viable treatment in mental healthcare. Multiple studies have shown evidence that music therapy improves the social skills of those suffering from chronic mental issues. This is also applicable for those in the general population, as music therapy often "[emphasizes and rediscovers healthy resources through reflective listening]" (McCaffery et al 8). By actively listening to music, it is possible to redefine the listener's mental attitude. Music therapy could prove to be an effective method of combating negative thoughts and emotions, as listening to the right music could completely change a person's perspective.

Music is a daily ritual for many people, but listening to music that improves your mood is a great way of taking care of your mental health. Music as therapy has worked for hundreds of people and is supported by multiple studies, showing that listening to your favorite song or jamming to some contagious beats could, in fact, be a form of self-care. Using apps like Spotify and Apple Music to listen to music can be monumental in improving one's mental health.



# MUSIC AND MINDFULNESS

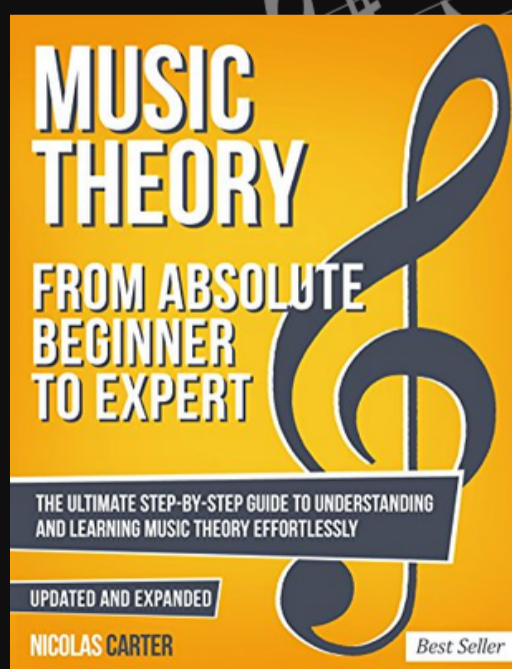
MUSIC IS THE ENHANCEMENT OF OUR MINDFUL EXPERIENCE OF DAILY LIFE THROUGH MUSIC. WE TYPICALLY EMPLOY EXERCISES IN LISTENING AND FREE-IMPROVISATION TO DISCOVER SPONTANEOUS, ACTIVE, AND DELIBERATE STYLES OF LIVING AND MAKING MUSIC.



SONY WH-CH150 - \$50



JLAB WIRELESS EAR BUDS - \$30



MUSIC THEORY




Various Free Meditation and Music Apps




# Plants!




I'm sure you have noticed that you feel more calm and happy when you go for a walk in the garden, or look at some nature. But the benefits of indoor plants are often overlooked when people are trying to reduce their stress and improve their mental and physical health.



Current research on our interaction with indoor plants have found numerous benefits to peoples' health both psychologically and physiologically. Modern day people have large amounts of stress (Pietrangelo, 2020) and a very high use of technology and devices, and these both have adverse effects on their health. But an NCBI study (Lee, 2015) found that caring for a plant left people feeling more soothed, calm and has even reduced their blood pressure.

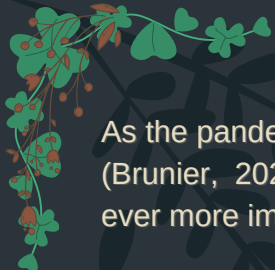



Another study (de Sexias, 2017) showed that caring for plants enhanced the recovery of people suffering from mental health issues such as depression and anxiety. Even by just looking at plants, it has been shown to reduce negative emotions such as depression and anger by 38% (Oh, 2019).





By: *Ninava Sharma*

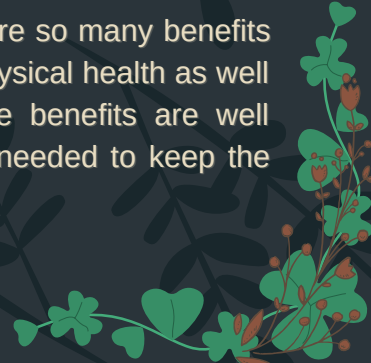




As the pandemic is increasing the mental health crisis (Brunier, 2020), this benefit from plants is growing ever more important and relevant. 

Furthermore, plants can even aid students in terms of their academic success! Looking at plants regularly has been shown (Oh, 2019) to sharpen attention and concentration. And the color green has a correlation (Cherry, 2020) to increasing speed and reading comprehension as well as overall concentration. Creativity is also increased by 15% (Lagrange, 2018) by simply working in an environment with plants. Even more relevantly, they have been linked (Bringslimark, 2007) to an increase in productivity in workplaces. Focus and productivity are things many people are struggling with during remote learning, and potentially having and taking care of indoor plants could help decrease the adverse effects of these. 

Overall, you can see how there are so many benefits of indoor plants on mental and physical health as well as academic abilities. And these benefits are well worth the small amount of work needed to keep the plant healthy. 



# Desk Plants



## Succulent

\$15

helps with common health complaints, known to improve focus and enhance memory

Difficulty: Beginner



## Spider Plant

\$18

purifies the air in your room by absorbing carbon monoxide, edible, and produces "babies" that can be repotted

Difficulty: Beginner



## Aloe

\$18

A stylish addition to your room! Requires very little light/watering and has incredible healing properties

Difficulty: Beginner





# Desk Plants



## Orchid

\$25

Apart from their natural beauty, orchids have been noted for their health benefits (reducing fever, lung inflammation, etc)

Difficulty: Intermediate

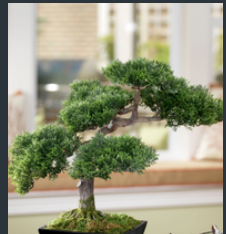


## Bonsai Tree

\$34

They purify the room and have both mental and psychological benefits. They're known to lessen mental stress and help with coughs, sore throats, and fatigue

Difficulty: Intermediate



# Writing

[ a healthy coping mechanism ]



*Written by Maddie Ward*

Expressive writing can serve as an effective coping mechanism for dealing with the stress and occasional trauma of normal life.

Centered around personal stories and emotions associated with a topic, expressive writing can be used as a tool to reflect on how the traumatic or emotional topic continues to impact you. Evans (2012) broke down the process of conducting your own expressive writing session into six steps: 1) write for about 20 minutes, 2) decide on a specific topic with personal relevance, 3) ignore grammar and other technical errors and do not stop writing, 4) write knowing it will only be seen by you, 5) do not write about anything that is causing you to feel too worked up, 6) understand writing about difficult personal experiences can cause brief sadness (Evans, 2012).

Pennebaker (1986) conducted a study on the impact of expressive writing in individuals where subjects were divided into four groups all writing about something different: 1) trauma-combination, facts and emotions of a traumatic topic, 2) trauma-emotion, emotions of a traumatic topic, 3) trauma-fact, facts of a traumatic topic, and 4) the control group who wrote objectively about basic, non-traumatic topics. Participants completed the same questionnaire after four writing sessions and around two years after the completion of their last session. The long-term follow-up results suggested that *writing about emotions* allowed more long-lasting impacts and health benefits by allowing individuals to move past emotional suppression (Pennebaker, 1986). Pennebaker (1997) reported writing once each week over a month could be more effective than completing a writing session in consecutive days as done in the 1986 study (Pennebaker, 1997).

By setting aside 20 minutes a week, you can utilize this coping mechanism for dealing with trauma, stress, or unexpected life changes. Dealing with the loneliness, stress, and sadness associated with the COVID-19 pandemic can feel difficult or overbearing, but writing allows you to express all of the emotions and thoughts you do not feel comfortable sharing with others but still feel you must get off your chest.



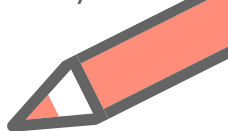
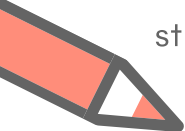


## SELF-CARE PRODUCTS

# WRITING

### Why is writing useful?

Writing can help us make sense of our thoughts, feelings, and emotions. By writing down our emotions, we can articulate and gain control of them. The products below are recommended for anyone who is looking to use writing as a tool to manage helps anxiety, stress, or depression.



### Recommended products:

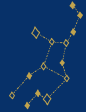
- [Gratitude Journal](#)
  - \$5 on Amazon
- [Self-Care: A Day and Night Reflection Journal](#)
  - \$16 on Amazon
- [Mood Tracker Planner](#)
  - \$11 on Amazon
- [MoodNotes](#)
  - Download for free from the App Store



# YouTube and Podcasts: Sleep Aid & Relaxation



## Sleep Hypnotherapy



VIDEOS THAT SERVE AS SLEEP-AID COULD BE EXTREMELY HELPFUL FOR THOSE SUFFERING FROM INSOMNIA OR ANY KIND OF CONDITION CAUSING SLEEPING TO BE DIFFICULT. THIS INCLUDES SLEEP HYPNOTHERAPY AND SLEEP STORIES. BEFORE USING SLEEP THERAPY, IT IS RECOMMENDED TO **CONSULT A PROFESSIONAL** DUE TO THE POSSIBILITY OF ADVERSE EFFECTS AND TO EVALUATE THE UNDERLYING CONDITIONS THAT MAKE SLEEP DIFFICULT FOR YOU (SUNI, 2021). **15% OF PEOPLE ARE HIGHLY RECEPTIVE TO HYPNOTHERAPY, 33% ARE RESISTANT AND UNLIKELY TO BENEFIT, AND THE REMAINING 52% MAY RECEIVE SOME BENEFIT FROM IT** (CHAMINE ET AL., 2018). HYPNOTHERAPY DOES NOT DIRECTLY CAUSE SOMEONE TO FALL ASLEEP, THE PRIMARY GOAL IS TO **REFORM NEGATIVE THOUGHTS OR HABITS. CONTRARY TO COMMON MISCONCEPTION, IT IS NOT A FORM OF MIND CONTROL** (SUNI, 2021). AFTER CONSULTING A PROFESSIONAL ABOUT YOUR INSOMNIA AND RECEIVING THEIR APPROVAL, SLEEP HYPNOTHERAPY COULD BE AN EXCELLENT TOOL FOR YOU TO USE.

## ASMR

ASMR IS ANOTHER ALTERNATIVE METHOD OF SLEEP AID. ASMR STANDS FOR **AUTONOMOUS SENSORY MERIDIAN RESPONSE** AND IT DESCRIBES THE TINGLING SENSATION YOU FEEL ALONG YOUR SPINE AND SCALP WHILE BEING EXPOSED TO CERTAIN AUDIOVISUAL STIMULI., THESE ARE USUALLY **CALMING, REPETITIVE ACTIVITIES** SUCH AS HAIR BRUSHING, WHISPERING, OR FINGER-TAPPING (ADLER, 2020). IN A STUDY OF 475 INDIVIDUALS, 63% OF PARTICIPANTS EXPERIENCED THE NICHE **TINGLING SENSATION** ASSOCIATED WITH WATCHING ASMR (BARRETT & DAVIS, 2015). THE TOP 3 CATEGORIES THAT WORKED AS SOOTHING TRIGGERS FOR THE PARTICIPANTS WERE **WHISPERING, PERSONAL ATTENTION, AND CRISP SOUNDS** LIKE FINGER-TAPPING OR CRUMBLING TIN FOIL (BARRETT & DAVIS, 2015). THERE IS A WIDE VARIETY OF THE KINDS OF ASMR YOU CAN FIND ON YOUTUBE. SO NEXT TIME YOU WANT A CALMING SPA EXPERIENCE, JUST TRY FIND AN ASMR MASSAGE VIDEO AND FEEL THOSE RELAXING TINGLES FOR NO CHARGE.





## Relaxing Music and Nature Sounds

YOUTUBE ALSO HAS AN ASSORTMENT OF RELAXING VIDEOS WITH CALMING MUSIC IN ORDER TO AID SLEEP AND ANXIETY RELIEF. MUSIC PRODUCES A CALMING EFFECT BY **RELEASING ENDORPHINS AND SEROTONIN**, MOOD-BOOSTING BRAIN CHEMICALS. IN PARTICULAR, **PREDICTABLE MELODIES AND FAMILIAR SONGS** PROMOTE FEELING POSITIVE EMOTIONS. WAKING UP TO SOOTHING MUSIC CAN ALSO HELP **IMPROVE ALERTNESS** AND REDUCE MORNING GROGGINESS. NATURE SOUNDS BRING SOME OF THE BENEFITS OF BEING OUTSIDE INTO THE COMFORT OF YOUR HOME. IN A 2017 STUDY BY **SCIENTIFIC REPORTS**, MRI RESULTS SHOWED THAT THE BRAIN CONNECTIVITY OF THOSE LISTENING TO **NATURE SOUNDS** REFLECTED AN OUTWARD-DIRECTED FOCUS OF ATTENTION SIMILAR TO WHAT HAPPENS WHILE **DAYDREAMING**, WHICH RELAXES THE LISTENERS' MINDS (AS CITED IN "SOUR MOOD", 2018). ANOTHER STUDY DEMONSTRATED THE **PHYSICAL HEALING** CAPABILITIES OF MUSIC. ANALYSIS OF 72 TRIALS INVOLVING 7,000 PATIENTS IN A 2015 ISSUE OF THE **LANCET** DEMONSTRATED THAT THOSE WHO LISTENED TO MUSIC BEFORE, DURING, OR AFTER SURGERY REPORTED **LESS PAIN** AFTER THEIR OPERATIONS AND REQUESTED FOR LESS PAIN MEDICATION (AS CITED IN "MUSIC TO YOUR HEALTH, 2021). SO GO AHEAD AND LISTEN TO YOUR FAVORITE SONGS AND FEEL THE HEALING BENEFITS OF MUSIC THERAPY.

## Podcasts

PODCASTS MADE BY CONTENT CREATORS WITH THE INTENTION TO OFFER ADVICE, RESOURCES, AND TECHNIQUES FOR MENTAL WELLNESS ARE GREAT WAYS TO RECEIVE CASUAL, OR EVEN PROFESSIONAL **SUPPORT FOR MENTAL DISTRESS**. ADDING A RELAXING PODCAST TO YOUR MORNING ROUTINE OR LISTENING TO ONE DURING A COMMUTE WILL HELP YOU START THE DAY FEELING **REFRESHED AND ENERGIZED**. STUDIES SHOW THAT LISTENING TO PODCASTS PROVIDES PEOPLE A WAY TO **CONNECT** WITH OTHERS WHO **SHARE** THEIR IDEAS AND BELIEFS. IT CREATES A SPACE OF **EMPATHY** AND **EMOTIONAL SUPPORT**. PEOPLE CAN LEARN TO **COPE** WITH MENTAL HEALTH ISSUES AND OPENLY COMMUNICATE ABOUT IT THROUGH THE PARASOCIAL RELATIONSHIP THEY CREATE WITH THE HOST OF A PODCAST (PAVELKO & MYRICK, 2019). IT IS BEST TO FIND PODCASTS THAT SUIT YOUR PERSONAL INTERESTS IN ORDER TO GET THE MOST OUT OF LISTENING TO THEM.





# Self-Care Videos and Podcasts



## IN HINDZSIGHT

Category: Podcast

Description: The host's goal is "renew your mind" through calming discussions on the topics of self-love, personal growth, and spirituality.



## THE ASMR PSYCHOLOGIST

Category: ASMR

Description: A trained psychologist and hypnotherapist uses ASMR to reduce stress and anxiety with professionally recognized techniques.





# Self-Care Videos and Podcasts



## DAN JONES HYPNOSIS

Category: Sleep Hypnotherapy

Description: Dan Jones personally narrates hypnotic sleep stories for adults struggling with insomnia.



## SOOTHING RELAXATION

Category: Music

Description: Peter B. Helland personally composes all of the music on the channel. All pieces are instrumental music with nature sounds for sleep, relaxation, and meditation.





There is no specific way to take care of your mental health. Find ways to focus on yourself that are unique to you! Here are some (overall) suggestions ...



### 1. Sleep is important

Use a weighted blanket  
Amazon \$29.99



### 2. Keep track of your diet

Use MyFitnessPal  
Free



### 3. Stay organized

Use a bullet journal  
Amazon \$9.49



### 4. Get a plant

Plants can help boost your mood  
Amazon \$4.99



### 5. Doodle / Color

Engaging, soothing activity  
Adult coloring books  
Amazon \$5.54

# References

- Alder, L. (2021, February 08). ASMR: Definition, the Science, & examples. Retrieved March 30, 2021, from <https://www.sleep.org/what-is-asmr/>
- Barratt, E. L., & Davis, N. J. (2015). Autonomous sensory MERIDIAN Response (ASMR): A flow-like mental state. *PeerJ*, 3. doi:10.7717/peerj.851
- Bringslimark, T., Hartig, T., & Patil, G. (2007). Psychological Benefits of Indoor Plants in Workplaces: Putting Experimental Results into Context, *HortScience horts*, 42(3), 581-587. Retrieved Mar 26, 2021, from <https://journals.ashs.org/hortsci/view/journals/hortsci/42/3/article-p581.xml>
- Brunier, A. (2020, October 5). COVID-19 disrupting mental health services in most countries, WHO survey. World Health Organization. <https://www.who.int/news/item/05-10-2020-covid-19-disrupting-mental-health-services-in-most-countries-who-survey#:~:text=Bereavement%2C%20isolation%2C%20loss,outcomes%20and%20even%20death.>
- Carey R. (2020, June 24). How a Good Night Sleep Improves Your Mental Health. *Psycom*. <https://www.psycom.net/sleep-improves-mental-health>
- Chamine, I., Atchley, R., & Oken, B. S. (2018). Hypnosis intervention effects on sleep outcomes: A systematic review. *Journal of Clinical Sleep Medicine*, 14(02), 271-283. doi:10.5664/jcsm.6952
- Cherry, K. (2020, January 24). How Does the Color Green Impact Mood and Behavior? *Verywell Mind*. <https://www.verywellmind.com/color-psychology-green-2795817>
- de Seixas, M., Williamson, D., Barker, G., & Vickerstaff, R. (2017). Horticultural therapy in a psychiatric in-patient setting. *BJPsych international*, 14(4), 87-89. <https://doi.org/10.1192/s2056474000002087>
- Evans, J. (2012). Expressive Writing - What's on your mind and in your heart?. *Psychology Today*. Retrieved 26 March 2021, from <https://www.psychologytoday.com/us/blog/write-yourself-well/201208/expressive-writing>.
- Exercise and mental health. (n.d.). Retrieved April 07, 2021, from <https://www.healthdirect.gov.au/exercise-and-mental-health>
- Feldman, S. (n.d.). For Better Mental Health, Experience The Pet Effect. *Mental Health America*. Retrieved March 28, 2021, from <https://mhanational.org/blog/better-mental-health-experience-pet-effect>
- Kemper, K. J., & Danhauer, S. C. (2005). Music as Therapy. *Southern Medical Journal*, 98(3), 282-288. <https://doi.org/10.1097/01.smj.0000154773.11986.39>

Lagrange, G. (2018, June 28). Global Study Connects Levels Of Employee Productivity And Well Being To Office Design. Cision PR Newswire. <https://www.prnewswire.com/news-releases/global-study-connects-levels-of-employee-productivity-and-well-being-to-office-design-300058034.html>

Lee, M. S., Lee, J., Park, B. J., & Miyazaki, Y. (2015). Interaction with indoor plants may reduce psychological and physiological stress by suppressing autonomic nervous system activity in young adults: a randomized crossover study. *Journal of physiological anthropology*, 34(1), 21. <https://doi.org/10.1186/s40101-015-0060-8>

MacDonald, R., Kreutz, G., & Mitchell, L. (Eds.). (2012). *Music, Health, and Wellbeing*. Oxford University Press. <https://doi.org/10.1093/acprof:oso/9780199586974.001.0001>  
Mani, Madhavan, et al. "Review and Evaluation of Mindfulness-Based iPhone Apps." *JMIR MHealth and UHealth*, JMIR Publications Inc., 19 Aug. 2015, [www.ncbi.nlm.nih.gov/pmc/articles/PMC4705029/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4705029/).

McCaffrey, Triona & Edwards, Jane & MRCPsych, Dominic. (2011). Is there a role for music therapy in the recovery approach in mental health?. *The Arts in Psychotherapy*. 38. 185-189. 10.1016/j.aip.2011.04.006.

"Mental Health Apps." *Mental Health Apps | Anxiety and Depression Association of America*, ADA, ADA, 2021, [adaa.org/find-help/support/mental-health-apps#Happify](http://adaa.org/find-help/support/mental-health-apps#Happify).  
Music to your Health. (2021, February). Retrieved March 30, 2021, from <https://www.health.harvard.edu/staying-healthy/music-to-your-health>

NUHS Admissions Team. (2018, November 7). 4 Mental Benefits of Massage Therapy. National University of Health Sciences. <https://blog.nuhs.edu/the-future-of-integrative-health/4-mental-benefits-of-massage-therapy>

Oh, Y.-A., Kim, S.-O., & Park, S.-A. (2019). Real Foliage Plants as Visual Stimuli to Improve Concentration and Attention in Elementary Students. *International Journal of Environmental Research and Public Health*, 16(5), 796. doi:10.3390/ijerph16050796

Pavelko, R. L., & Myrick, J. G. (2019). Muderinos and MEDIA effects: How my Favorite Murder podcast and its social media community may Promote well-being in audiences with mental illness. *Journal of Radio & Audio Media*, 27(1), 151-169. doi:10.1080/19376529.2019.1638925

Pennebaker, J. W., & Beall, S. K. (1986). Confronting a traumatic event: Toward an understanding of inhibition and disease. *Journal of Abnormal Psychology*, 95(3), 274-281. doi:<http://dx.doi.org/10.1037/0021-843X.95.3.274>

Pennebaker, J. (1997). Writing about Emotional Experiences as a Therapeutic Process. *Psychological Science*, 8(3), 162-166. Retrieved March 26, 2021, from <http://www.jstor.org/stable/40063169>

Pietrangelo, A. (2020, March 29). The effects of stress on your body. Retrieved April 07, 2021, from <https://www.healthline.com/health/stress/effects-on-body>

Sasangoher, F. (2020, September 3). Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study. *Journal of Medical Internet Research*, 22(9). <https://dx.doi.org/10.2196%2F21279>

Sour mood getting you down? Get back to nature. (2018, July). Retrieved March 30, 2021, from <https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

Suni, E. (2021, January 28). How effective is hypnosis to help you fall asleep? (1280759780 944881514 H. Wright, Ed.). Retrieved March 30, 2021, from <https://www.sleepfoundation.org/sleep-hypnosis>

Thelwell, E. L. R. (2019, October 21). Paws for Thought: A Controlled Study Investigating the Benefits of Interacting with a House-Trained Dog on University Students Mood and Anxiety. *Animals*, 9(10). <https://dx.doi.org/10.3390%2Fani9100846>

*What is Animal Assisted Therapy?* (n.d.). Therapet. Retrieved March 28, 2021, from [https://www.google.com/url?q=https://www.therapet.org/about-us/what-is-animal-assisted-therapy&sa=D&source=editors&ust=1617158661479000&usg=AOvWaw2uTTbGI2DC\\_MlagLO0iGVi](https://www.google.com/url?q=https://www.therapet.org/about-us/what-is-animal-assisted-therapy&sa=D&source=editors&ust=1617158661479000&usg=AOvWaw2uTTbGI2DC_MlagLO0iGVi)

Weir, K. (2011, December). *The Exercise Effect*. American Psychological Association. <https://www.apa.org/monitor/2011/12/exercise>

*Writing about emotions may ease stress and trauma*. Harvard Health Publishing - Harvard Medical School. (2011). Retrieved 26 March 2021, from <https://www.health.harvard.edu/healthbeat/writing-about-emotions-may-ease-stress-and-trauma>.