

Mental Health Toolkit

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Mental Health Toolkit

Resources

Gideon Institute Counseling Center:

www.hbu.edu/gideoncounseling

Short-term individual counseling for currently enrolled HBU students –there is a minimal fee (financial assistance available). Free support groups and workshops. Visit our webpage for more information, or call 713-649-3431 (8am-5pm).

24/7 Hotlines:

If you are experiencing a mental health crisis and need to speak to someone immediately, the following resources are available:

- Harris Center Hotline – [713-970-7000](tel:713-970-7000) (option 1)
- National Suicide Prevention Hotline – [1-800-273-8255](tel:1-800-273-8255)
- Crisis Text Line – Text HOME to [741741](tel:741741)
- Harris County COVID-19 Mental Health Support Line: [1-833-251-7544](tel:1-833-251-7544)
- National Domestic Violence Hotline and Safety Information – [1-800-799-7233](tel:1-800-799-7233) – www.nocovidabuse.org

Emergency Medical Services:

- On Campus – Call HBU Campus Police: [281-649-3911](tel:281-649-3911)
- Off Campus – Call [911](tel:911) or go to the nearest emergency room

Urgent mental healthcare options (hours of operation less than 24 hours):

- HHCI's Free Mental Health Peer Support Warmline (Monday-Sunday 5pm-8pm) – [832-831-PEER](tel:832-831-PEER) (7337)
 - *What is a warmline?* A warmline is a telephone service (aka a call line) for people who are looking for someone to discuss their daily struggles.
- Memorial Hermann Mental Health Crisis Clinics – [713-338-MHCC](tel:713-338-MHCC) (6422)
 - *The hours at each clinic location will vary, please call ahead for the hours of operation.*
 - Visit www.memorialhermann.org/mental-health for more information.
 - Payment accepted via health insurance or sliding scale fee based on income.
 - Closest location to HBU is the Meyerland Area location.

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Managing Anxiety

What is Anxiety?

Anxiety can be a response to everyday environmental factors or a response to a significant stressful experience. Although anxiety can be normal, there are times when the effects of anxiety begin to alter our daily functioning.

Coping with Anxiety:

A major factor of anxiety can be not knowing what to expect. If there's one thing that 2020 has taught us, it's impossible to know what to expect when you wake up each morning. However, God knows, and while the Holy Spirit gives us the gift of faith in Him, we still struggle with not knowing what will happen next.

- Read this article about [how to deal with anxiety as a Christian](#).
- Write all of your thoughts and feelings down on paper and see how you feel afterwards. Sometimes, getting everything down on paper makes a path forward clearer.
- Get some exercise! Anxiety creates tension in the body, and going for a brisk walk or a run, or doing 30 minutes of stretching and deep breathing can relieve some of that tension.
- Focus on having an attitude of gratitude. Being thankful is a proven, all-natural mood booster. Identify 5 things that happen each day that you are grateful for – big or small.
- Philippians 4:6-7: ⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

This video by Dr. Michael Cook of HBU's Gideon Institute is a Christian meditation specifically created for worry and anxiety: [Christian Meditation for Worry and Anxiety](#)

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Managing Anxiety

Trauma:

During the pandemic, we are at risk of experiencing trauma responses. We can re-experience past trauma or further heighten current trauma experiences. This has the potential to be another source of anxiety for people.

What is Trauma?

Trauma is a psychological response to either a terrible one-time event, or a series of smaller events that cumulatively negatively affect the psyche. After a traumatic event, some people experience a period of shock and denial. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like disrupted sleep, headaches or nausea. Examples of traumatic experiences include but are not limited to: childhood neglect, an act of violence, racial or cultural oppression, and sexual misconduct. If you are experiencing trauma, or are trying to cope with traumatic experiences that happened in your past, you are not alone. If needed, schedule an appointment to talk with one of our therapists or consider joining our Hearts Transformed Support Group (refer to the Resources page).

The Impact of Trauma in Uncertain Times:

The uncertainty we are experiencing during the COVID-19 pandemic can create intensified reactions in trauma survivors when events happening around them remind them of past traumatic experiences. For example, a survivor of past sexual abuse in the home might feel trapped or a sense of panic if required to sequester at home for an extended period. A person whose past includes times of neglect or emotional abuse may become extremely anxious about the idea of social distancing, or fearful about losing positive connections with others.

The Hope and Healing Center & Institute's article by Dr. Matthew Stanford is a great resource for trauma survivors – [Five Things the Scriptures Teach Us about Trauma and Suffering](#).

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Managing Depression

What is Depression?

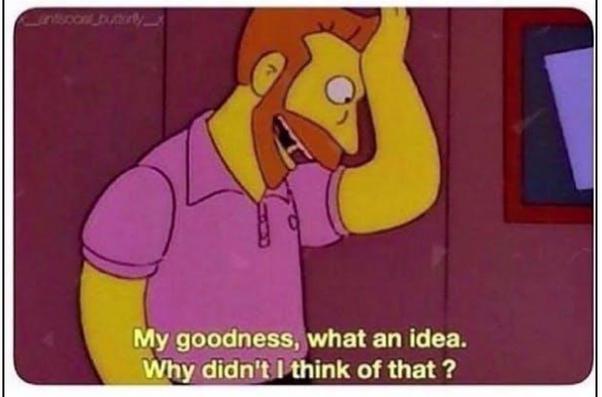
Everyone gets sad sometimes - it's part of the normal range of human emotions. Typically sadness is a result of an event, and the feeling of sadness will last for a few days. When a loved one dies, we grieve the loss, which is a longer process. Although sadness and grief are normal responses to life, there are situations in which sadness and other emotions that are associated with depression can continue for long periods of time. When someone feels sad or an absence of joy/wellbeing to the point of being unable to carry out normal, everyday functions, they might be experiencing a depressive episode. If you feel this may be happening, consider contacting the counseling center for extra support, or joining our Minds Transformed Support Group.

When we experience emotional struggles like those experienced with depression, we may also experience the effects of those emotions physically. It's important to take care of our whole selves - not just the physical or the emotional self, but the entire self.

when someone says "so what do you like to do for fun" unexpectedly so u didn't have time to prep ur answers and now ur actually trying to think of the last time u felt joy



When you suffer from depression and somebody tells you to just cheer up..



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Managing Depression

Tips to take care of yourself physically:

- Maintain a regular sleep schedule. Try to go to sleep and wake up at roughly the same time.
- Work towards maintaining good nutrition and regular meals.
- Limit alcohol and caffeine intake
- Move your body! Spend time outside if you can. Breathe deeply and relax!
- Find a new hobby that requires the use of body and mind - play the guitar, learn to paint, knit, embroider, etc.

Other ways to maintain good emotional health during the pandemic:

- Social connection
 - Maintain social distance, of course, but stay in touch with friends! You might even try writing to your friends' notes and letters. Who doesn't love getting a little something in the mail?!
- Keep a consistent schedule
 - Meals, classes, study time, relaxation time. Having a schedule helps us contain emotions and feel
- Consider keeping a journal
 - What do the effects of COVID-19 feel like for you?
When you're done writing about that, end your entry with three good things about the day (gratitude).
- Maintain perspective
 - This is a big event for all of us, so remind yourself of what's good in your life and what's important: health, friends, being able to continue towards your degree, and your faith.
- Spend time with dogs (or cats)
 - If you have a dog (or cat) or know someone with a dog (or cat), hang out with them!
 - If you are allergic or aren't around pets, get a great stuffed animal or fuzzy blanket for comfort.

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Managing Depression

God is with you (whether you feel Him or not):

- Take time each day to pray.
- Stay connected to church - even if it means attending church virtually.
- If you're on social media, fill your feed with truth.
 - Unfollow people whose posts are anxiety-inducing.
 - Ensure your news is coming from reputable sources.
 - Remember - opinions don't take any effort to create, but facts and truth are difficult to come by.
 - Follow people who fill your feed with hope, truth, and light.

Romans 8:18-19 (ESV)

¹⁸ For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. ¹⁹ For the creation waits with eager longing for the revealing of the sons of God.

Romans 8:26-28 (ESV)

²⁶ Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. ²⁷ And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. ²⁸ And we know that for those who love God all things work together for good, for those who are called according to his purpose.

2 Corinthians 1:3-7 (ESV)

³ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. ⁵ For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too. ⁶ If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. ⁷ Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort.

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COVID 19 – Stress Management in a Pandemic

Hearing about the coronavirus in the news and on social media can add to stressful or anxious thoughts. The pandemic is amplifying underlying issues in our society that have been present for years. Remember that we are all children of God and one body of Christ. Do your part to listen to others' points of view and create a safe, inclusive environment for everyone.

Try not to overload on COVID-19 news. Check the news once a day, and limit your information intake to reputable news sources. When possible, use information from the [World Health Organization](#) or the [Centers for Disease Control and Prevention](#) for correct information about the virus.

Read through the following promises that you can make to yourself to promote your personal well-being, as well as the well-being of our community:

1. I will practice and seek good healthcare if I think I might be at risk or feeling sick so that you and I can be our healthiest.
2. I will seek, and not ignore, accurate healthcare advice and recommendations.
3. I will not hide or lie about my symptoms if I am sick.
4. I will not knowingly or intentionally put your good health at risk.
5. I will not mock, ridicule, or punish you for trying to take care of your health.
6. I will not shun, disparage, or attack you simply because I think you look like others who I think are at risk.
7. I will not simply dismiss your fears but will listen with empathy and regard.
8. I will try to give you my best support and care if you seek my help.

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COVID 19 – Stress Management in a Pandemic

Historical Perspective – Wisdom from the Past:

"Meanwhile think thus: 'With God's permission the enemy has sent poison and deadly dung among us, and so I will pray to God that he may be gracious and preserve us. Then I will fumigate to purify the air, give and take medicine, and avoid places and persons where I am not needed in order that I may not abuse myself and that through me others may not be infected and inflamed with the result that I become the cause of their death through my negligence. If God wishes to take me, he will be able to find me. At least I have done what he gave me to do and am responsible neither for my own death nor for the death of others. But if my neighbor needs me, I shall avoid neither person nor place but feel free to visit and help him,' as has already been said. Behold, this is a true and God-fearing faith which is neither foolhardy nor rash and does not tempt God...

If the people in a town so conducted themselves that they were bold in their faith when the need of neighbors required it, careful when there was no need, and helpful to one another in counteracting the poison wherever possible, death would indeed be light in such a town. But when it happens that some of the people are too fearful and flee from their neighbors in time of need, while others are so foolhardy that they do not help to counteract the disease but rather spread it, the devil will take advantage of the situation and the mortality will certainly be high. Both are very injurious to God and man, the former by fearfulness and the latter by tempting God."

- Letters of Spiritual Counsel – Martin Luther –
November, 1527



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Quarantine and Isolation

What is the difference between quarantine and isolation?

- Quarantine is for people who have been exposed to COVID-19. People in quarantine are at risk for COVID-19, but have not tested positive.
- Isolation is for people who have tested positive for COVID-19.

Tips for a Quality Quarantine:

- Keep a Routine – Create a schedule, write it down, and stick to it. Besides academic work, include time for hygiene, regular sleep, eating, exercise, and things you enjoy.
- Think Ahead – Learn a new skill, or pick up one you haven't had time for in a while. Anything you've been meaning to do but haven't had time – from advertising a part-time business on social media, learning to cook, or a Bible study you've been meaning to complete? Go for it!
- Improve Communication Skills – Stay in touch with loved ones via FaceTime or Zoom. Plan online study groups. Try making phone calls instead of sending an e-mail or text.
- Academic – Complete reading and assignments for class and take notes on the recorded lectures. If needed, attend office hours virtually to ensure comprehension.
- Reduce Stress – Great stress reducers include exercise, prayer, reading God's Word, listening to music, making music, or drawing/painting. Be mindful of screen time, and try to stay off all screens for 1-2 hours before you go to sleep.

Tips for a Healthy Quarantine:

- Read – Read books you haven't had time to read/research and get informed about topics that interest you.
- Cook – Get creative! Learn new recipes you find online using the ingredients you have in a different way.
- Plan – Create a plan of things you want to do in the future when the pandemic ends, and what you can do now to be ready.
- Family Time – Spend as much time with your family
- Stay active! This [article](#) has great tips for exercise at home.