



# THANK YOU FOR ATTENDING AN RTC LISTENING SESSION



## RESOURCES, AS NEEDED:

### ►►► Options for Counseling

- EAP: [Employees | Department of Enterprise Services \(DES\) \(wa.gov\)](#)
- BIPOC Mental Health America: [BIPOC Mental Health | Mental Health America \(mhanational.org\)](#)
- Psychology Today: [www.psychologytoday.com](#)
- Open Path: [Affordable Counseling | Affordable Therapy | Open Path Collective](#)
- [DMHS: Deconstructing The Mental Health System - The Anti-Racist Equity-Minded Nonprofit \(dmhsus.org\)](#)
- Or connect with your Primary Care Physician (PCP) or on your insurance website.

### Groups to Check Out:

- NAMI Support Groups: [Support Groups | NAMI: National Alliance on Mental Illness](#)
- Anxiety & Depression Association of America: [Anxiety and Depression Association of America, ADAA | Anxiety and Depression Association of America, ADAA](#)
- Depression & Bipolar Support Alliance: [Online Support Groups - Depression and Bipolar Support Alliance \(dbsalliance.org\)](#)



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## VIBRANT BODY

### Guided Relaxation

To relax your body, try this simple body scan exercise:

1. Bring your awareness into your feet and legs. Consciously unclench, relax, and soften the muscles in your feet and legs.
2. Bring your awareness into your belly, chest, and back. Relax all those muscles.
3. Bring your awareness into your neck and shoulders. Relax those muscles.
4. Bring your awareness into your face and scalp. Breathe out with a sigh as you release tension in your face and scalp.

Remember this relaxed feeling anytime you need it.

## Breathe. Reset. Write.

- Sit in a comfortable position.
- Bring your attention to the flow of your breath coming into and leaving your body.
- There's nothing special you need to do—your body knows how to breathe.
- Become aware of what you're feeling right now.
- The idea is to let yourself feel what you're experiencing, without judgment.
- As you sit still, continue to follow the natural flow of your breath.
- If you notice your mind is distracted, know that it's normal.
- Simply redirect your attention back to the flow of your breath.
- Now rest in loving awareness that stillness grows in your heart as it becomes an intention in life.
- Allow each in-breath to be a new beginning and each out-breath to be a letting go.

## VIBRANT BODY

### Alternate Nostril Breathing

Try this exercise for a few minutes each morning or anytime you need an energy boost.

Sit up tall and, using your right hand, close off your right nostril with your thumb as you inhale slowly through your left nostril.

Simultaneously release your right nostril and use your ring finger to close off your left nostril. Exhale slowly through your right nostril. Then inhale slowly through your right nostril, switch fingers again, and exhale slowly through your left nostril.

Repeat this for three minutes, then notice how you feel.