

BY AMOYA ROBINSON, LCSW



A Guide to Wellness

# STARTING YOUR MENTAL HEALTH JOURNEY



# How to use this guide



This guide is designed to support you in taking small, meaningful steps toward better mental health. Each section offers practical tips, exercises, and reminders to help you build a sustainable routine that works for you.

Take your time with each part, and don't feel pressured to complete it all at once. Use this guide as a resource whenever you need a reminder or a bit of motivation. Feel free to return to sections that resonate with you, and adapt the exercises to fit your unique journey. Remember, this is about progress, not perfection—take it at your own pace.

## QUESTIONS?

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# *Introduction*

# Mental Health Matters



Mental health is a vital part of your overall well-being, shaping how you think, feel, and connect with others. It influences your ability to manage stress, maintain relationships, and navigate daily life. Challenges like anxiety, depression, or burnout are common, but they don't define you.

Prioritizing your mental health can lead to healing, growth, and greater self-awareness. Taking care of your mental health isn't just important—it's essential.

You've already taken the first step by being here. Your mental health journey doesn't have to feel overwhelming. Take a deep breath, trust the process, and remember—progress is always enough.

# Section 1

## RECOGNIZE THE SIGNS

Life gets heavy sometimes—stress, responsibilities, and emotions can take a toll. Maybe you're feeling drained, or things that used to make you happy just don't anymore. Noticing these signs doesn't mean you've failed—it's your mind and body reminding you that you deserve care and support.

### Common Signs You May Need Support:

- Overwhelmed or struggling to manage stress
- Difficulty concentrating or staying focused
- Loss of interest in activities you once enjoyed
- Feeling irritable, hopeless, or emotionally numb
- Withdrawing from loved ones or social activities.
- Constant fatigue or trouble sleeping
- Physical tension, aches, or discomfort (e.g., headaches, neck, shoulders)
- Changes in appetite, digestion, or weight
- Recurring illnesses or feeling run down
- Shortness of breath or a racing heart



# Section 2

## IDENTIFY YOUR NEEDS

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In order to heal and grow, it's important to connect with your inner self and understand what you truly need. Journaling can be a powerful tool to help clarify these needs and set meaningful goals.

1

What areas of my life feel out of balance?

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2

What brings me joy, and how can I make more space for it?

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3

What is one change I can make today to care for myself?

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# Section 3

## TAKE ACTION

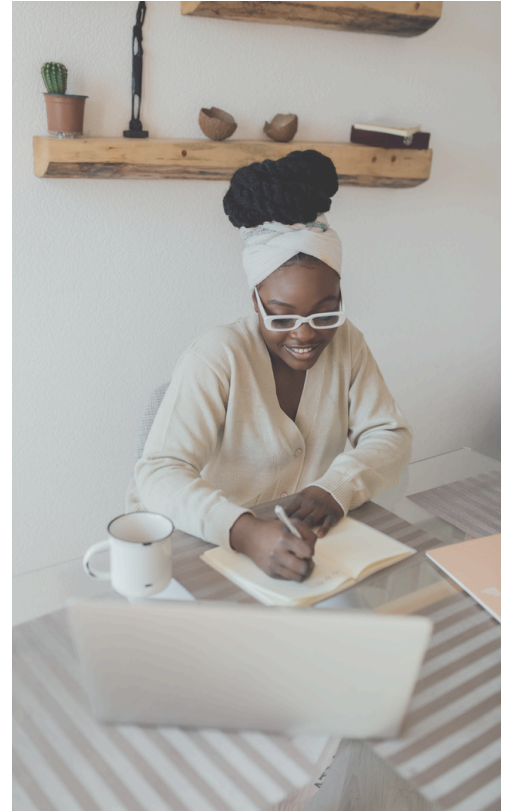
### Break It Down

- ☐ Identify one area you want to improve.
- ☐ Set a small, specific goal.
- ☐ Make a simple plan to take action.
- ☐ Take the first step today.
- ☐ Reflect and adjust as needed.

### Explore Your Support Options

- ☐ 911/988 – Immediate help for emergencies.
- ☐ Hospital/Inpatient – For severe mental health crises.
- ☐ Therapy or Counseling – Regular mental health support.
- ☐ Wellness Practices – Yoga, prayer, or meditation.
- ☐ Resources – Groups, community, books, apps, guides.

*Note: This is not an exhaustive list—there are many ways to heal and grow. Explore what works best for you and your unique journey.*



Remember, no matter where you are in your journey, there are always options for support to help you take the next step.

## Section 4

## THERAPY

Therapy isn't just for when things feel unbearable—it's a tool for navigating life's ups and downs with support and clarity. Whether you're feeling stuck, overwhelmed, or just ready to prioritize yourself, therapy offers a space to:

- Understand your emotions and why you feel the way you do.
- Learn practical coping skills to handle stress, anxiety, or overwhelm.
- Process challenges like past trauma, relationship struggles, or life transitions.
- Gain perspective and confidence to make decisions that align with your values.



### **WHAT IF I'M NOT SURE THERAPY IS RIGHT FOR ME?**

That's okay. Starting therapy is a big step, and a consultation is a great way to explore if it's the right fit for your needs. You don't have to have all the answers—your therapist is there to guide you.

### **WHERE CAN I START?**

- Look for therapists who align with your goals and values.
- Search trusted directories like Psychology Today, Therapy for Black Girls or Open Path Collective for affordable options.
- Consider your preferences: virtual sessions, in-person, or a mix of both.



## Section 5

# SELF-CARE

Self-care is essential, not optional. Use this checklist to nurture your mental, emotional, and physical well-being. These simple activities can help you recharge, reduce stress, and prioritize what matters most.

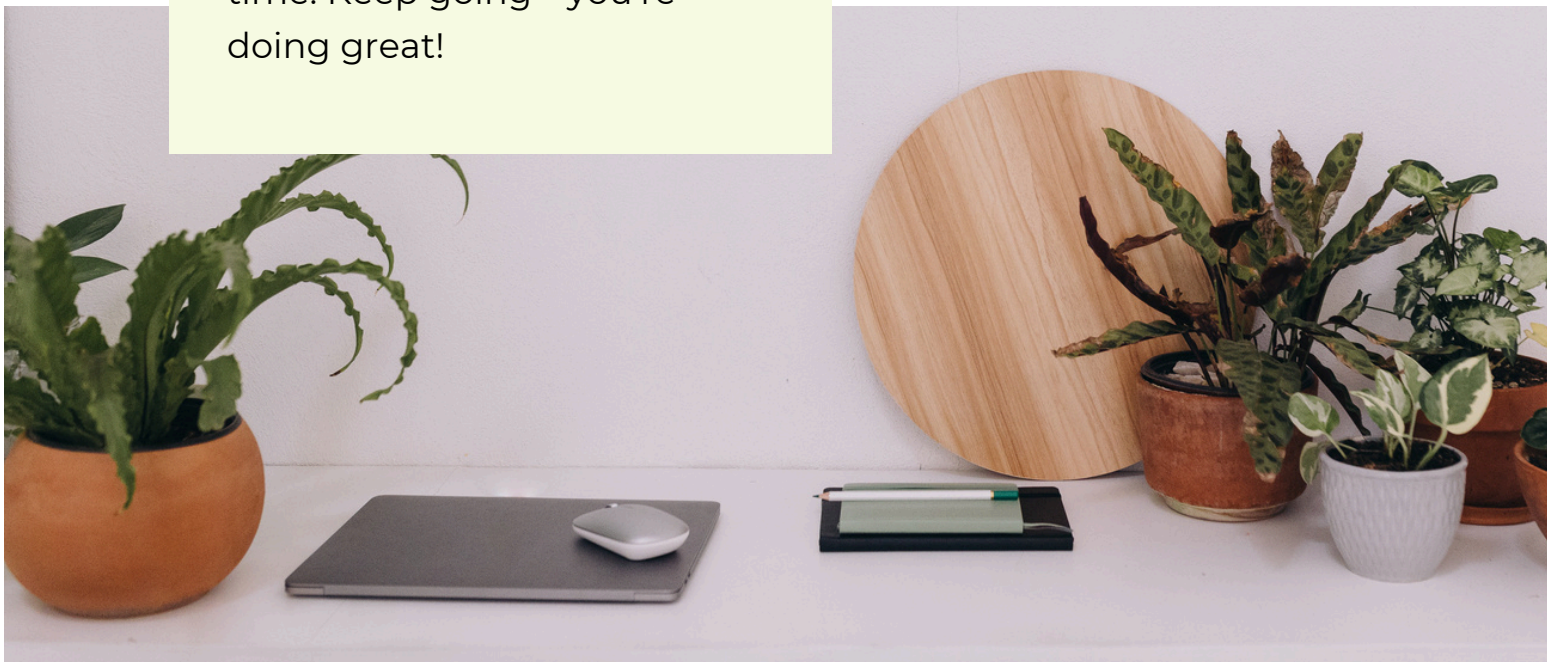
<input type="checkbox"/>	Take a long bath	<input type="checkbox"/>	Limit screen time
<input type="checkbox"/>	Read for pleasure	<input type="checkbox"/>	Listen to music
<input type="checkbox"/>	Spend time in nature	<input type="checkbox"/>	Phone a friend
<input type="checkbox"/>	Prayer/ Meditation	<input type="checkbox"/>	Any form of movement
<input type="checkbox"/>	Journal your thoughts	<input type="checkbox"/>	Pamper yourself
<input type="checkbox"/>	Try gentle yoga	<input type="checkbox"/>	Take a short nap
<input type="checkbox"/>	Cook a nourishing meal	<input type="checkbox"/>	Enjoy a warm bath
<input type="checkbox"/>	Visit a museum or gallery	<input type="checkbox"/>	Stay hydrated
<input type="checkbox"/>	Adopt a plant baby	<input type="checkbox"/>	Attend a workshop/class
<input type="checkbox"/>	Paint or draw	<input type="checkbox"/>	Explore a new place

When it comes to your mental health, consistency is key—not perfection. Focus on making small, sustainable changes that align with your pace and needs, rather than seeking instant fixes. Remember, your journey is personal, and every step forward, no matter how small, is worth celebrating.

Progress isn't always linear, and that's okay. The most important part is showing up for yourself, day by day. Be proud of the effort you're putting in, and trust that even the smallest actions can create lasting transformation over time. Keep going—you're doing great!



*Progress is built one small step at a time  
—trust the process  
and keep moving forward.*





# EMERGENCY SUPPORT & RESOURCES

National Suicide Prevention Lifeline: Call or text 988 for 24/7 confidential support.

[LEARN MORE](#)

Crisis Text Line: Text HOME to 741741 for free crisis counseling anytime.

[LEARN MORE](#)

Substance Abuse and Mental Health Services Administration (SAMHSA): Call 1-800-662-HELP (4357) for confidential support and referrals.

[LEARN MORE](#)

National Domestic Violence Hotline: Call 1-800-799-SAFE (7233) or text START to 88788.

[LEARN MORE](#)

The Trevor Project: Call 1-866-488-7386 or text START to 678678 for 24/7 crisis support for LGBTQ+ youth.

[LEARN MORE](#)

National Sexual Assault Hotline (RAINN): Call 1-800-656-HOPE (4673) or visit [rainn.org](https://rainn.org) to connect with trained professionals and resources.

[LEARN MORE](#)

For local emergency services, dial 911 or go to the nearest emergency room if you are in immediate danger.

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# YOU'RE NOT ALONE— LET'S KEEP GOING TOGETHER

Taking the first step toward better mental health is a powerful act of self-care. Remember, this journey doesn't have to be walked alone. Whether you're ready for more personalized support or simply looking for ongoing tips to stay encouraged, I'm here to help.



*Amoya Robinson, LCSW*

Let's connect and keep building on the progress you've started here. You've already taken a meaningful step toward prioritizing your well-being, and that's something to celebrate. You deserve personalized care, practical tools, and compassionate guidance to navigate your unique journey. Together, we can create a plan that empowers you to thrive—mentally, emotionally, and beyond. Remember, growth is a process, and you don't have to do it alone.

## LET'S CONNECT!

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