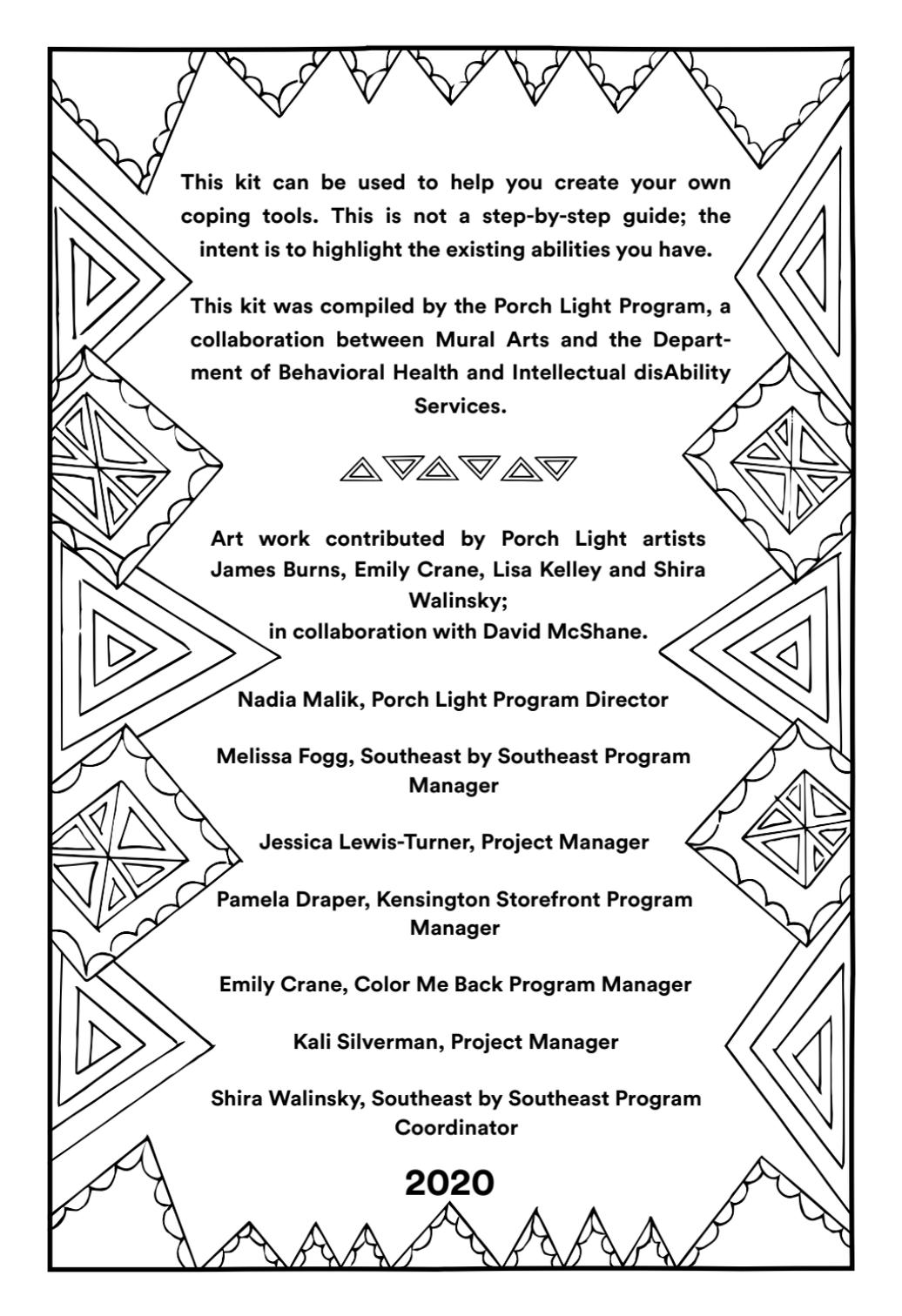




PORCH LIGHT'S

Wellness

kit



This kit can be used to help you create your own coping tools. This is not a step-by-step guide; the intent is to highlight the existing abilities you have.

This kit was compiled by the Porch Light Program, a collaboration between Mural Arts and the Department of Behavioral Health and Intellectual disAbility Services.



Art work contributed by Porch Light artists James Burns, Emily Crane, Lisa Kelley and Shira Walinsky;
in collaboration with David McShane.

Nadia Malik, Porch Light Program Director

Melissa Fogg, Southeast by Southeast Program Manager

Jessica Lewis-Turner, Project Manager

Pamela Draper, Kensington Storefront Program Manager

Emily Crane, Color Me Back Program Manager

Kali Silverman, Project Manager

Shira Walinsky, Southeast by Southeast Program Coordinator

2020



Mental Health Resources

- City of Philadelphia Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) : (888) 545-2600
- Suicide & Crisis Intervention Hotline: (215) 686-4420
- National Suicide Hotline: (800) 273-8255
- Red Nacional de Prevencion del Suicidio: (888) 628-9454
- HealthyMindsPhilly.org : A friendly, no-cost resource to support the wellness of all Philadelphians, with a 24/7 online behavioral health screening, access to Mental Health First Aid trainings, and comprehensive resources.
- Mental Health Crisis Line: (215) 685-6440
- Crisis Text Line: Free 24/7 service. Text "HOME" to 741741

City Resources

- Greater Philadelphia Coronavirus helpline: 1-800-722-7112
- Homeless Outreach Line: (215) 232-1984
- Women Against Abuse Legal Center: (215) 686-7082
- Philadelphia Domestic Violence Hotline: (866) 723-3014
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- Information on emergency housing and city health centers available at phila.gov.

Outdoor Meal Sites

- North Apron of City Hall, 1400 JFK Boulevard, 11:30 am to 1 pm M to F
- Thomas Paine Plaza, 1401 JFK Boulevard, 4 to 5:30 pm M to F
- Philadelphia Parking Authority lot, 1829 E. Clearfield St., 1 to 3 pm M to F

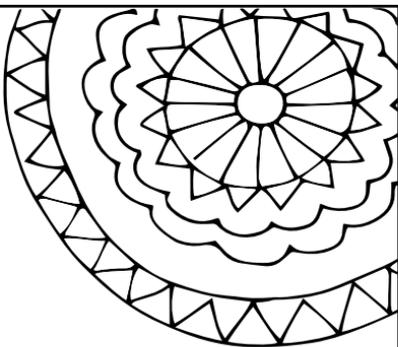
Recovery Resources

- PRO-ACT Telephone Recovery Support Group (M to F from 11 am to 12:30 pm): (617) 691-8706
- NA Hotline (24/7): (215) 629-6757
- AA Hotline (24/7): (215) 923-7900, press 1



Find Your Center

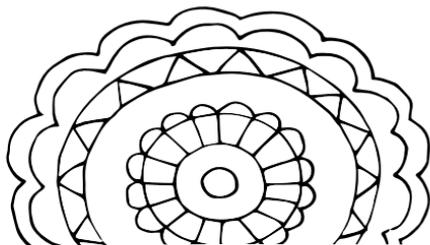
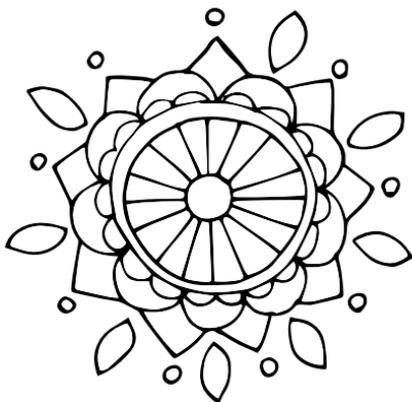
This is an unusual moment. Give yourself permission to take the time to try different things until you find what works for you. There is no step-by-step guide for finding peace; try different tactics to see what feels good for you. Give yourself space every day to find your routine. Return to the things that you know help you.

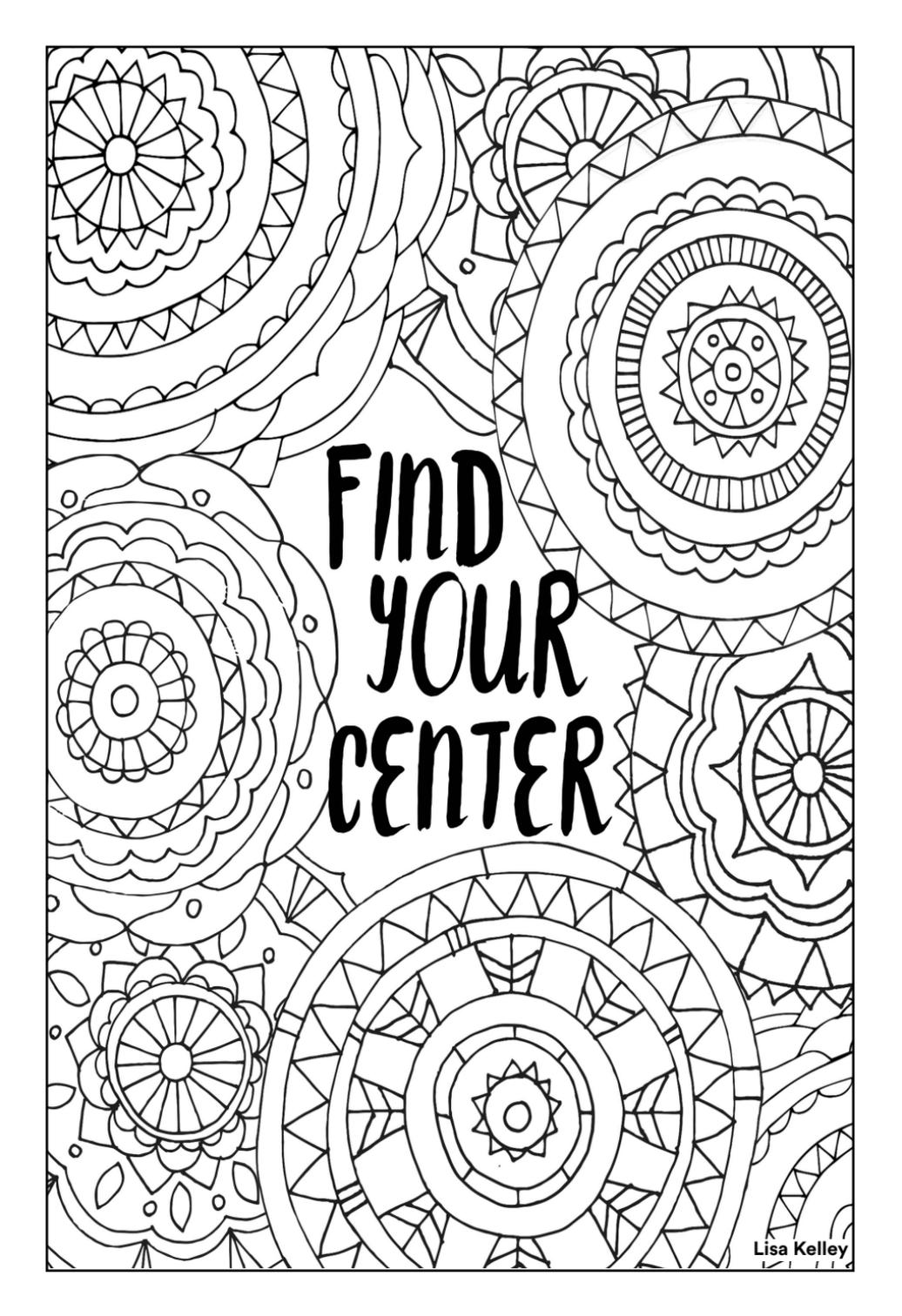


Suggestions:

1. Create easy, short, realistic tasks and routines that can help you feel that you've accomplished something tangible, for example, doing laundry and putting it away. To-do lists can be a way to keep a routine.
2. Try a guided meditation app or YouTube video or breathing techniques (ex: the 4-7-8 breathing technique which involves breathing in for 4 seconds, holding your breath for 7 seconds, and exhaling for 8 seconds).
3. Search for free exercise videos and try a new kind of exercise. Yoga exercises can provide a moment of calm.
4. Look up a recipe and try it out. Cooking and making homemade food can also provide a sense of comfort and routine.
5. Create healthy boundaries for yourself and others around you. If you need physical space because you're feeling crowded, make a schedule for when you and other people will have specific areas to yourselves.
6. There are many unknowns right now. That can be hard to sit with. Write out a list of the things you do know every day, such as the people you love and those who love you.

Reflection prompt: Write down what already gives you a calm, pleasant feeling. Brainstorm three things you want to try to find some peace. What is your routine? Write out your day from the time you wake up to the time you go to sleep.





**FIND
YOUR
CENTER**

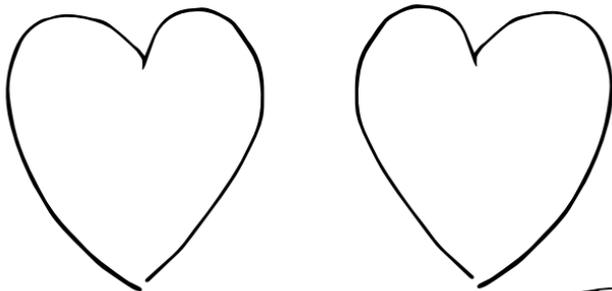
Prioritize Your Health - Mental and Physical

Your mental health can be a reflection of your overall health. When one system is struggling, the others may also struggle. It's important to remember that your emotions and physical feelings are valid no matter what they are. Everyone reacts differently to experiences. This is a collective trauma that the world is experiencing together. It's okay to feel like you're on a roller coaster of emotions. We will all have some good days and some bad days. Be aware of what you're feeling. If you can, reach out to a professional who can help you sort through your thoughts.

Suggestions:

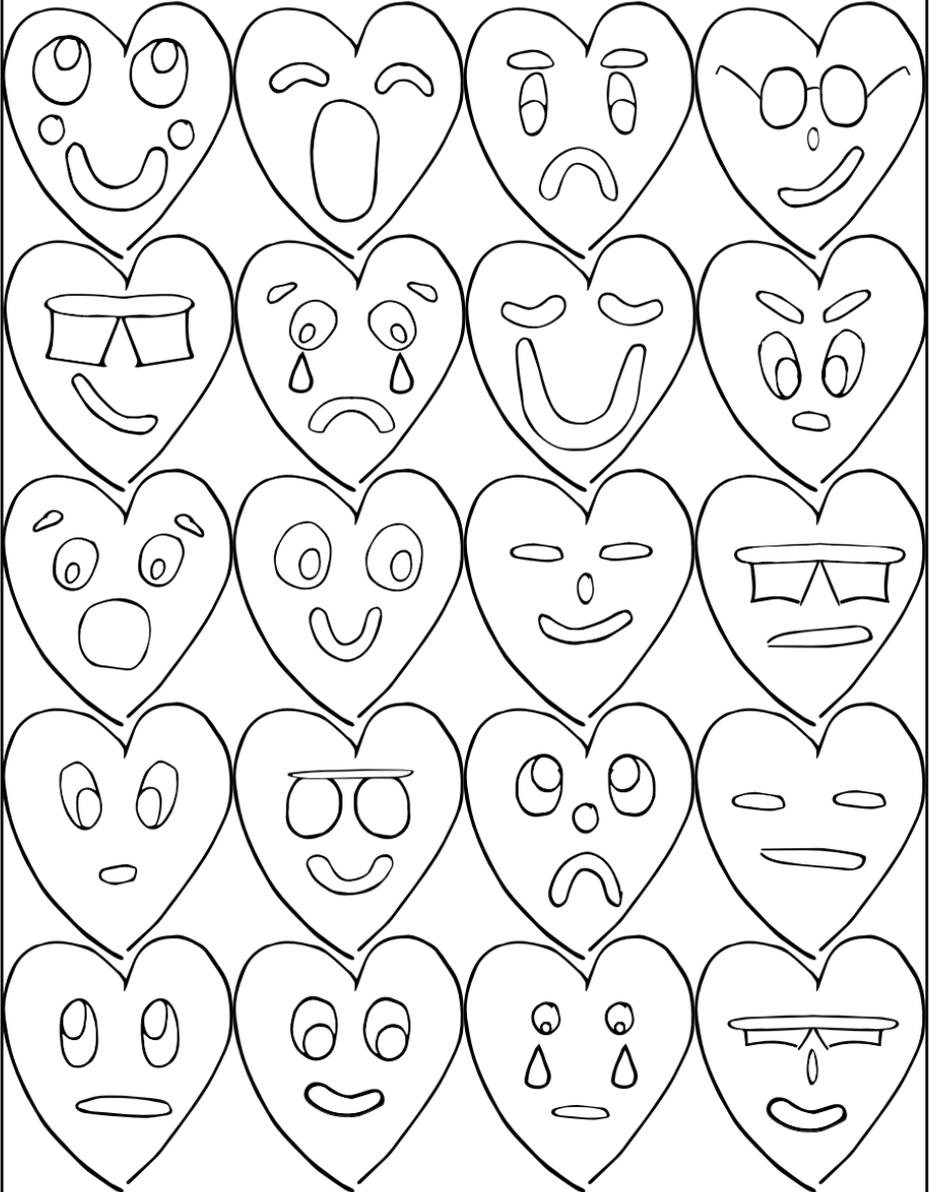
1. We are all experiencing something very unexpected. It is okay to not feel okay. Kindness and patience may not come easy in this moment. Give yourself and others permission to take the time and space needed to adjust.
2. Go through a body scan in your mind: Is there pain anywhere? How have you been eating and sleeping this week?
3. Drink water. Water is essential for the body. Not drinking enough of it can cause your body to feel sluggish and dehydrated.
4. Try drawing your feeling(s) as characters in a book or comic.
5. Try to identify the color(s) of your feelings.

Reflection Prompt: What are you feeling in this moment? Is it easy to describe or difficult to put into words? Keep a journal that tracks how you're feeling on a daily basis, physically and emotionally.



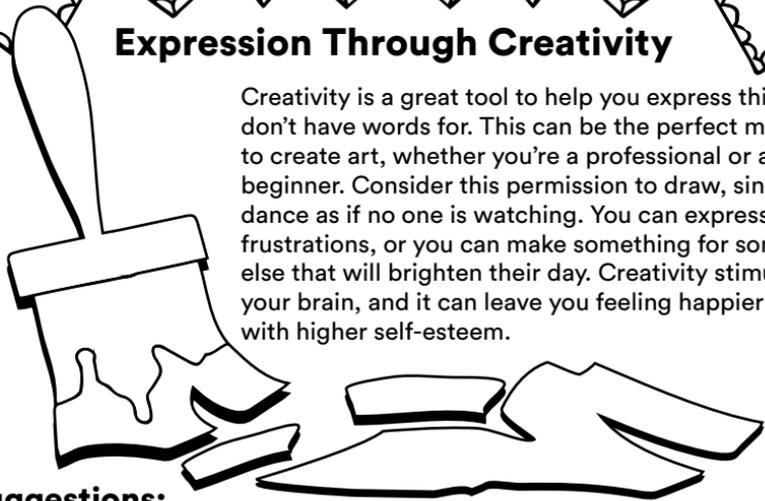
Draw your own emotion heart.

Which of the emotion hearts below most accurately represents how you are feeling now?



Expression Through Creativity

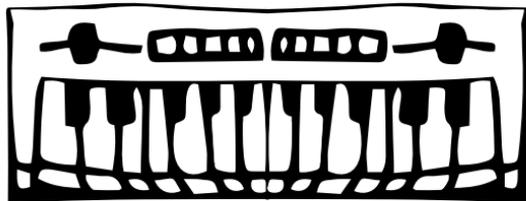
Creativity is a great tool to help you express things you don't have words for. This can be the perfect moment to create art, whether you're a professional or a beginner. Consider this permission to draw, sing or dance as if no one is watching. You can express your frustrations, or you can make something for someone else that will brighten their day. Creativity stimulates your brain, and it can leave you feeling happier and with higher self-esteem.



Suggestions:

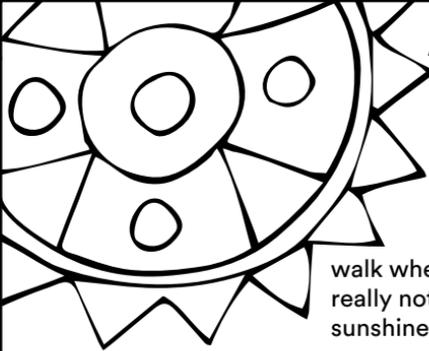
1. Sing along to music, or play an instrument.
2. Is there something new you've wanted to learn or do? Read about it or watch instructional videos online; find something that interests you.
3. Be messy and think outside of the box. Draw a picture, paint, sew, build. Scribble glue, rip paper, or create a multimedia collage.
4. Write a letter or draw a picture for someone and mail it to them.
5. Try using unexpected items from around you to create art, like old nailpolish, highlighters, or scrap paper.

Reflection Prompt: What do you have around you that could be used creatively? Look at everyday objects in a new way and write about the stories one of these objects contains.





James Burns



Appreciate Natural Beauty

We can all still appreciate nature while practicing social distancing. Find a safe way to have a change of scenery and your environment: Look at the trees nearby, take care of your houseplants, watch a bird flying outside, and go for a walk when others aren't around. Take a moment to really notice the nature around you. Fresh air, sunshine, and moving around can work wonders on your mood.

Suggestions:

1. Look at the sky. How many different types of clouds can you see today? What are the shapes and colors?
2. Draw the change in the trees as they bloom. Track the progress through your drawings.
3. Make a list of the natural things you can find from exactly where you stand.
4. A change in scenery can help to change your thinking. Walk to a new place and notice your surroundings.

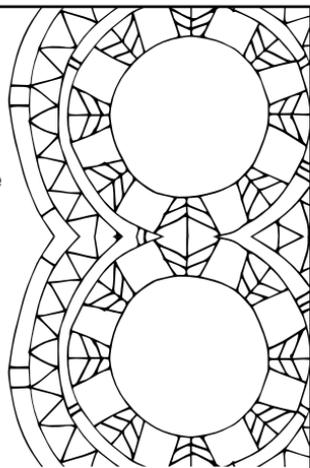
Reflection Prompt: Write or draw what you love about nature. What's the ideal weather for you? What's your favorite thing to see outside? If you planted a garden, what would it look like? Describe exactly what you see/smell/hear/etc, right now. Include objects, people, and anything else in your immediate environment.





Connect With Others

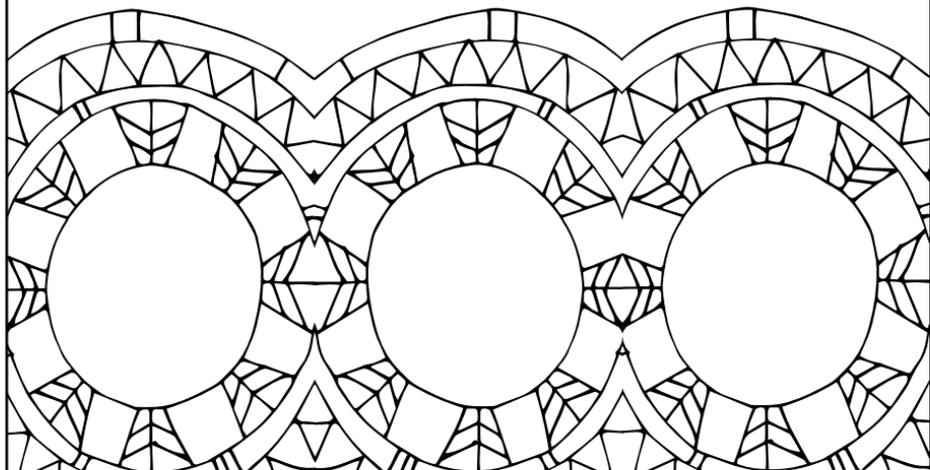
It's easy to feel isolated, but all of us are alone together in this moment. Make some phone calls, send out group text messages, chat virtually, or check in with a neighbor from a safe distance (more than 6 feet apart and wearing masks). Even if you don't have access to technology, you can write a letter to someone you know. Share your favorite music, books, or poetry with someone else. From a safe distance, take a moment to notice people's faces as they walk by. This can keep you in the present moment while connecting you to others.

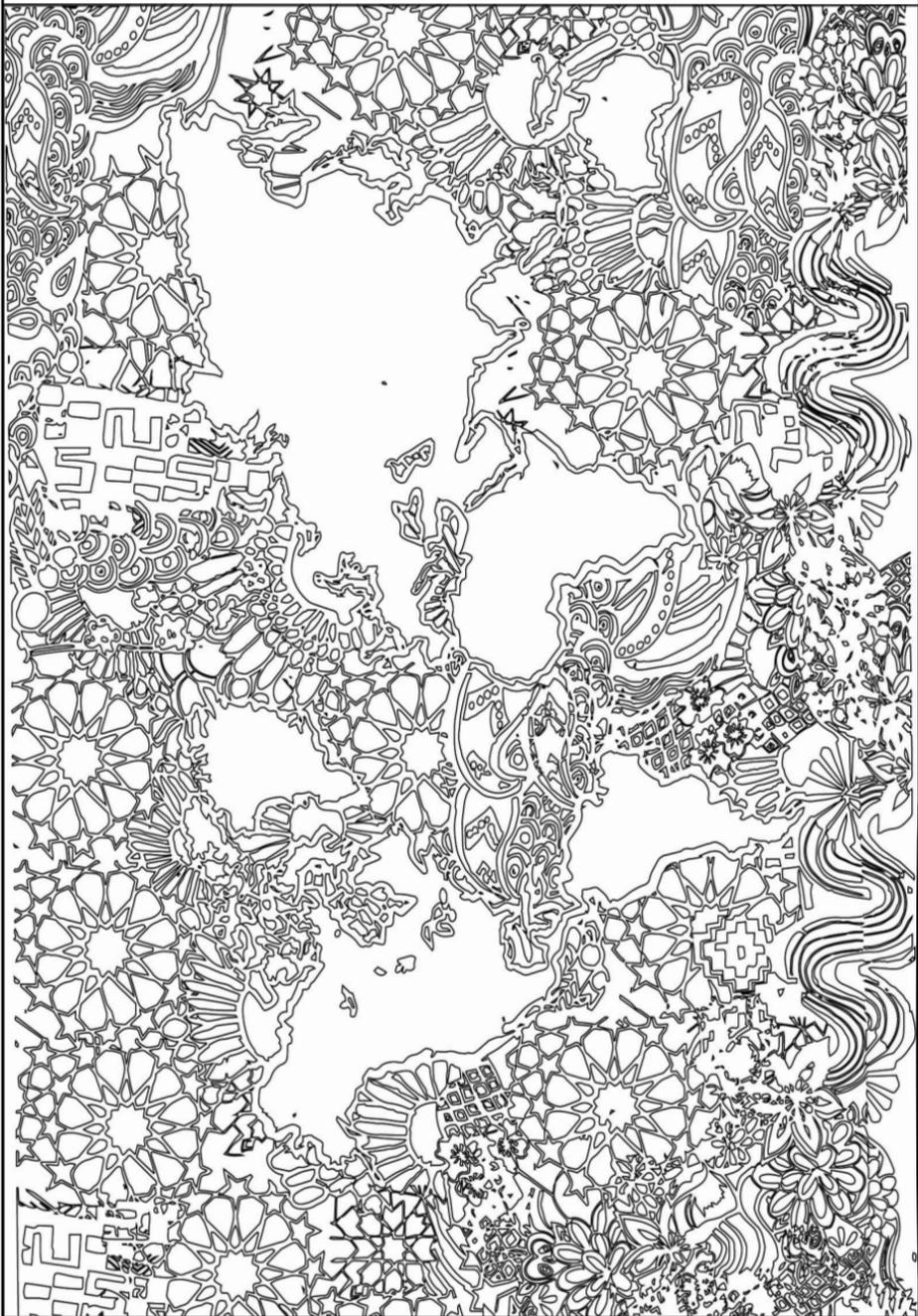


Suggestions:

1. Start a conversation with the people you're with during this moment. What are some stories you don't know about each other? Look up questions to ask your family and friends to learn more about them.
2. Create a schedule of regular calls. Who have you lost touch with that you miss talking to? Share recipes, book choices and more with friends and/or family.
3. Are you able to make a creative video - such as a dance to a popular song - with others remotely?

Reflection Prompt: Who makes you feel good when you talk to them? What is it about this person/people that makes you feel positive? Write a letter to someone you wish to connect with during this time.



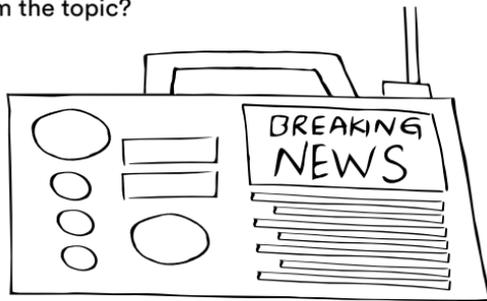
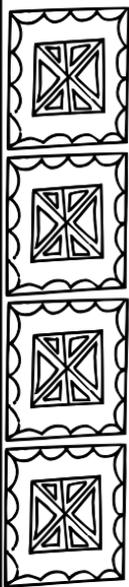
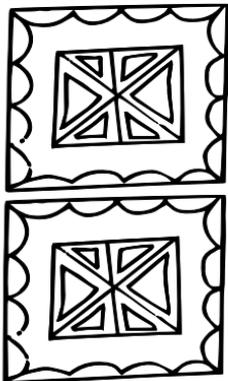


Know Your Limits

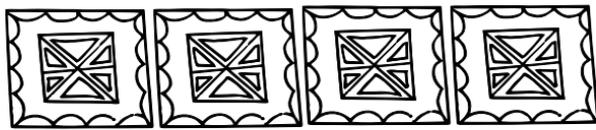
It is important for everyone to know how they can help control the spread of the virus and to follow the latest recommendations from the Centers for Disease Control. However, it's also important to know your limits. For some people, more information is calming. For others, it's overwhelming. It's okay to limit exposure to news and social media. It's also okay to tell others that you've reached your limit on talking about the virus. You don't need to read or know every piece of information out there.

Suggestions:

1. Create specific times in the day to check the news. Is it better for you to check in the morning and avoid information before bed? Monitor what works best for your mood. Turn off news alerts if they cause stress.
2. Create lists of sources you trust. Check everything that you read against CDC guidelines.
3. Break up bad information with positive information. Find podcasts or music that can break your routine and make you feel better.
4. Think about the best way to tell someone you don't want to discuss the pandemic. What is one line you can tell someone to move away from the topic?



Reflection Prompt: What's one piece of hopeful news you heard this week? What did it make you feel? Create a list of what you know and questions you want to answer. Write a summary of a piece of news unrelated to COVID-19.



BREAKING
NEWS

LIVE

PENNSYLVANIA

TAKE

A
BREAK

APRIL 1 2020

DAILY NEWS
APRIL FOOLS
THIS IS NOT A JOKE!

Draw a picture.

Mural Arts Philadelphia

A PROGRAM OF THE CITY OF PHILADELPHIA



City of Philadelphia



DBHIDS

DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disABILITY SERVICES