

Health & Wellness Toolkit

College of Alameda Health Services



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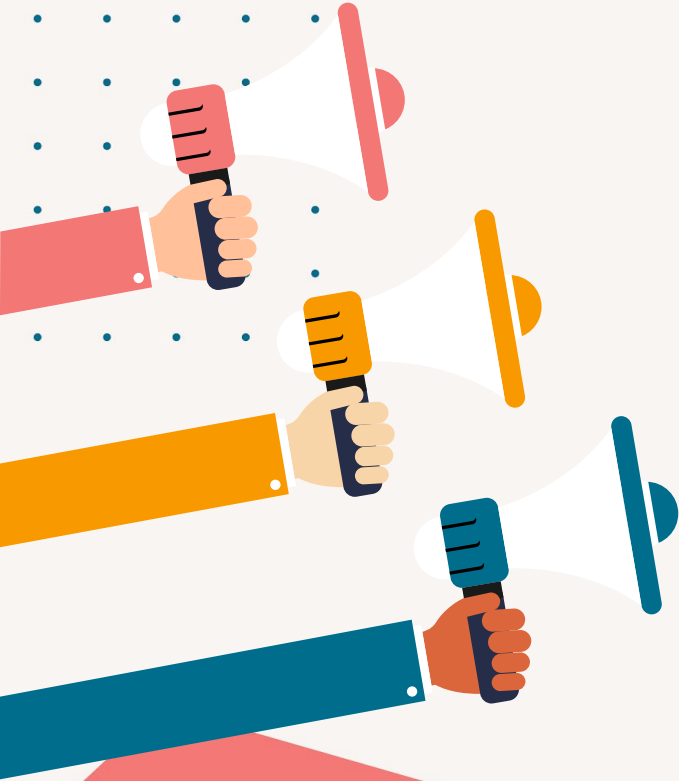
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Introduction

Communities are facing elevated mental health concerns due to the ongoing challenges of 2020. Living in unprecedented and uncertain times can bring up symptoms of anxiety and depression. This toolkit includes helpful tips to improve overall health and well-being.



TIPS TO DEAL WITH ANXIETY

Focus on things you can control

- Focus on establishing a routine and finding ways to care for yourself.

Exercise

Moving our bodies is important! Exercise helps us to distract from problems and releases endorphins, which can help improve mood.

Mindfulness & meditation

Our brain tends to stress about the past or uncertainty of the future. Practicing being in the present moment can reduce stress.

Eat well-balanced meals

Eating a healthy diet can reduce negative effects of stress. Drink a lot of water and add plenty of vegetables and fruits to your diet.

Practice gratitude

Focusing our attention on what we have instead of what we don't have can help us sleep better and boost our immune system.

Deep breathing

When we breathe deeply, it sends a message to our brain to calm down and relax.



Helpful Links To Address Anxiety

[Coronavirus Anxiety Workbook](#)

[Family Tips For Managing Stress This Winter](#)

[Effects of Racism On Mental Health:
How To Cope](#)

[Guide To Mindfulness & Meditation
Resources For Beginners](#)

TIPS FOR BETTER SLEEP

Limit caffeine

Try not to have any caffeine after 12 p.m.

Restful environment

Cool, dark, and quiet makes for better sleep.



Limit screen time at least 2 hours before bed.

Sleep schedule

Go to bed and wake up at the same time every day.

Physical activity

Regular exercise promotes better sleep.



Helpful Links For Better Sleep Habits

[Mayo Clinic Advice To Better Sleep](#)

[Benefits Of Journaling Before Bed](#)

[Impact Of Screen Time Before Sleep](#)

[Sleep Guidelines During COVID-19](#)



RESOURCES AT COLLEGE OF ALAMEDA

Mental Health Counseling

If you are struggling with anxiety, depression, family/relationship challenges, or any personal concerns, you can access free mental health counseling sessions. Click on the link above for more information.

Nursing Services @ Roots Clinic

When is the last time you had a physical exam? Get your physical health checked out by CoA's community clinic partner. Roots offers flu shots, first-aid, COVID-19 testing, pregnancy testing, health education, etc. Phone appointments, virtual appointments, and in-person appointments are available. Click on the link above for more information.



CONTINUED RESOURCES AT COA

Programs & Services For Students With Disabilities

DSPTS provides services designed to meet the unique educational needs of enrolled CoA students with documented disabilities. Our professional staff works with each student to provide accommodations that ensure equal access to all academic programs, and to promote students' independence so they may realize their academic potential and reach their goals. Click on the link above for more information.



LOCAL COMMUNITY RESOURCES

CLICK ON EACH LINK FOR MORE INFORMATION

[Alameda County Behavioral Health ACCESS Line](#): Alameda County's system wide point of contact for screening & referrals for mental health treatment for those that have medi-cal. There will be a brief phone intake and then a connection to available local community clinics for therapy and other resources..

[Multilingual Counseling Center](#): Free mental health counseling for medi-cal recipients. Mental health providers have a wide range of language capacity (Spanish, Farsi, Italian,etc). See website for up-to-date information.

[Familias Unidas](#): Culturally relevant services for Latinx: individual & group therapy, case management and wrap around support.

[Resource Guide For Immigrants & Refugees](#): List of legal support, health care services, and transportation services in the bay area

[Sankofa Counseling Services](#): BIPOC therapists providing therapy, coaching, and counseling for individuals, families, & couples.

[Korean Community Center Of The East Bay](#): Provides comprehensive services, education, community resource development & advocacy for immigrants in the bay area, focus is on East Asians.

[Community Psychiatry](#): Psychiatrists & psychiatric nurse practitioners available. Take over 20+ insurance options and over 18 languages spoken by staff.

LOCAL COMMUNITY RESOURCES CONTINUED

[LGBTQ+ Center](#) : Includes social, educational, & holistic health related programs, services, & activities geared towards diverse LGBTQ+ community

[East Bay Meditation Center](#): Program offers meditation classes, daylong retreats, workshops & classes

[Crisis Support Services](#): Trained crisis counselors available to receive emotional crisis calls 24/7 @ #1-800-309-2131

[7 Cups-Peer Support 24/7](#) & [SF Peer Run Warm Line Chat/Text 24/7](#): Caring volunteer listeners available to provide free emotional support

[Family Violence Law Center](#): Provides legal & crisis intervention to help folks heal from domestic violence & sexual assault

[211 Housing & Food Resources](#) : Contact to learn more about local resources (housing, food, service providers, etc)

[Immigrants Rising](#): Empowers undocumented young people achieve educational & career goals. Offers support around making money, going to college, mental health, etc.

Thanks!

Any questions about the information in this Health
& Wellness Toolkit?

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[CoA Health Services Website](#)

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