

The background features a vibrant orange color with several thick, horizontal brushstrokes in shades of yellow and pink. At the bottom, there is a dark purple area with vertical brushstrokes. In the lower-left corner, a hand is depicted holding a yellow pencil.

amaha
YOUR MENTAL HEALTH PARTNER

Your
Self-Care
Toolkit

What mental health needs is more sunlight,
more candor, more unashamed conversation.

- Glenn Close



A few bookmarks for you to use or gift someone.



AFFIRMATION FOR TODAY:

**I'm
Allowed
To Take
Time To
Heal**



3

AFFIRMATION FOR TODAY:

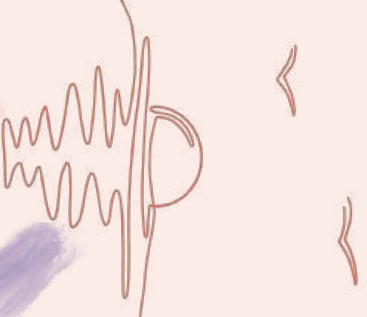
**I Deserve
To Feel
Joy**



3

AFFIRMATION FOR TODAY:

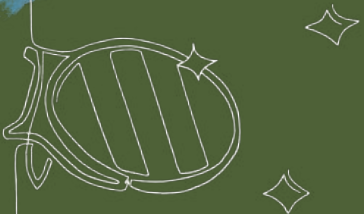
**I'm More
At Ease
Every Day**



a

AFFIRMATION FOR TODAY:

**I'm
Worthy
Of Love**



a



A few bookmarks for you to use or gift someone.

Pick a favourite (or two) sticker and share it with your friends!



Check-in with yourself.

Identify any signs of distress that you might be experiencing.

Signs of distress in **my body**

- My muscles feel tense
- I'm tired all the time
- My sleep is disturbed
- I have frequent headaches

Signs of distress in **my mind**

- I keep forgetting things
- I feel irritable and on edge
- I don't feel like talking to others
- I'm demotivated

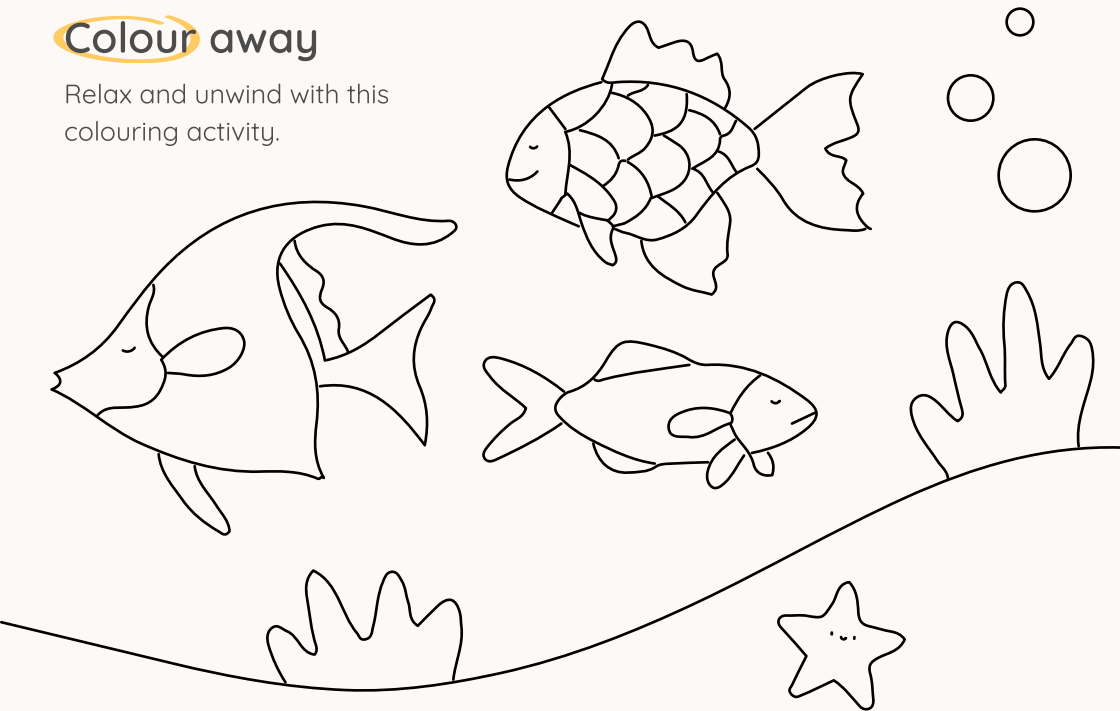


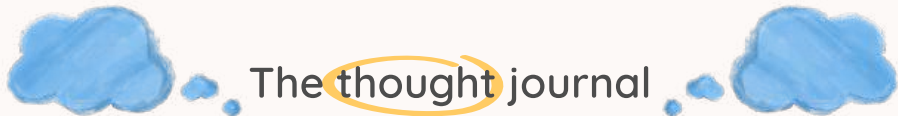
Understand your concerns better.

Scan the QR code and take an Amaha assessment.

Colour away

Relax and unwind with this colouring activity.





The **thought** journal

This thought journal can help you identify negative thoughts that might play on your mind. Use it to replace your negative thoughts with more balanced ones.

Here's an example to get started!

SITUATION	NEGATIVE THOUGHT	FEELING	ALTERNATIVE THOUGHT
I messed up a presentation at work.	My boss is most surely going to fire me. I can never get anything right.	I feel embarrassed and anxious.	I made a mistake and that's okay. I'm going to learn from this and do better next time.
①			

2			
3			

Positive affirmations

Start your day on the right note by repeating positive affirmations.



Begin reading from the center and pick words for the affirmation you want to create.

For e.g. "I am resilient and loved."

Identifying social support

Mention people who are there to lean on, whenever you are in a tough situation.



When I feel low and I want to be cheered up,

I'd go to _____



When I want to vent and I need someone to listen,

I'd go to _____



When I don't know what the right thing to do is and I need advice,

I'd go to _____



When I feel lonely and I want to feel loved,

I'd go to _____

When was the last time you thanked a loved one who makes your life better?

Write them a
letter of thanks
(and send a
picture of it!)



Dear _____ ,


I don't know how often I tell you this, but I wanted to make sure you know how grateful I am to have you in my life.

Thank you for _____

I will always remember how you supported me.

Love and hugs,

Personal growth bingo



Setting
boundaries

Letting go of what
you can't control

Asking for help
when you need it

Healthy coping
mechanisms

Setting SMART
Goals

Taking
responsibility

Accepting &
learning

Being
grateful

Being honest with
yourself & others

Taking therapy

Building self-
confidence

Working on
healthy habits

Tick everything
you've done to take
care of your mental
well-being.



We are one of India's **largest mental health organisations** that delivers compassionate care, online and in-person.

Our Services include: Therapy (individual, couples, group), psychiatry, developmental care, psychometric assessments, well-being programmes for organisations and educational institutions, community support and self-care tools.



- **150+ in-house experts** addressing all concerns from common to severe.
- **1,40,000+ therapy and psychiatry sessions delivered.**
- **6 million lives impacted** through our self-care app.
- Providing quality mental health care **across the lifespan, pan India.**

Scan the QR code
to schedule your
session with
Amaha

Your Self-Care Toolkit

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