



SAKHI FOR SOUTH ASIAN WOMEN

WELLNESS GUIDE

May 2020

GROUNDING TECHNIQUES

The 5-4-3-2-1 Technique

Sit comfortably, close your eyes and take a couple of deep breathes. In through your nose (count of 3) and out through your mouth (count of 3). Now open your eyes, look at the space around you and name out loud:

5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste

Write a Letter

Write a letter to a person who you value in your life and feel comfortable expressing yourself to. In the letter, discuss all of the thoughts and emotions you are currently having.

Draw Around Your Feet

Place your feet on the ground and in your imagination, pick your favorite color. Using the color, draw an outline of each foot. Start at the heel, then slowly go up the side of your foot to the pinky toe. Then, draw around each toe and then go back towards the heel. Repeat on the other foot.

Rhythmic Movement & Mindful Movement

Engage in an exercise that requires the flow of repetitive movement. Examples include walking or running in place, dancing to your favorite song, doing jumping jacks.

PODCASTS



Stories of Stigma: South Asian Mental Health

Members of the MannMukti team interview guests about stigmatized topics and South Asian mental health.

The Woke Desi

Living in New York and San Francisco, the ladies of The Woke Desi come together to discuss stigmas and empower a new generation unaфaid of being bold and fearless.

Brown Taboo Project

The founders of South Asian Sexual & Mental Health Alliance (SASMHA) discuss identity, mental health, healthy relationships, sexual health, and other brown taboos.

The Desi Condition

NYC-based desis talk about mental health topics and how they relate to experiences as millennials, as South Asians, and as people living with more than just one legacy.

Desi Women Diaspora

Author Mala Kumar interviews women of South Asian origin with the aim to break down negative stereotypes and foster a stronger sense of community.

APPS

7 Cups: Anxiety and Stress Chat

Speak confidentially (phone/online) with trained mental health providers.

Daylio Journal

Keep track of your mood and feelings through the use of icons and colors to express yourself.

Infinity Loop: Endless Zen

Play games that are designed to reduce anxiety and stress with the aim of staying focused and grounded.

Calm

Practice guided meditation and breathing/calming programs with music to help with anxiety, stress, and lack of sleep.

Youper

Log your daily moods and track symptom progression. Use cognitive-behavioral therapy, mindfulness, and meditation for guidance.

SuperBetter

Through gameplay, create new and more effective habits, strengthen relationships, and improve moods.

ACTIVITIES

Thoughts of a Leaf

Close your eyes and direct your attention to your breathing.

Think about nothing but your breathing... Let it flow in and out of your body.

Continue your attention on your breathing—Imagine that you have a balloon in your stomach. Every time you breathe in, the balloon inflates. Each time you breathe out, the balloon deflates. Your abdomen is rising with the in-breath and falling with the out-breath.

Continue to focus on your breath.

Start to notice the thoughts that come to your mind.

As you notice each thought, imagine putting those words onto a leaf as it floats by on a nearby stream.

Especially when you experience a(n) [enter client's type of thought here] put each of those thoughts that you notice onto a leaf, and watch it drift on by.

There is no need to look for the thoughts, or to remain alert waiting for them to come. Just let them come, and as they do, place them onto a leaf.

Your attention will wander, especially at first, and that is ok—it's what our mind does. As soon as you notice your mind wandering, just gently bring your focus back to your thoughts, and back to placing those words onto the leaves.

When you feel ready, bring your attention back to your breathing.

When you are ready, open your eyes and become aware of your environment.



Self-Care Assessment

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently 4 = Occasionally 3 = Rarely 2 = Never 1 = It never occurred to me

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch and dinner)
- Eat healthy
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Take time to be sexual—with yourself, with a partner
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini-vacations
- Make time away from telephones
- Other:

Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to work
- Do something at which you are not expert or in charge
- Decrease stress in your life

- Let others know different aspects of you
- Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- Practice receiving from others
- Be curious
- Say “no” to extra responsibilities sometimes
- Other:

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters and donations, marches, protests
- Play with children
- Other:

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Sing

Workplace or Professional Self-Care

- Take a break during the workday (e.g. lunch)
- Take time to chat with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with your clients and colleagues
- Balance your caseload so that no one day or part of a day is “too much”
- Arrange your work space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs (benefits, pay raise)
- Have a peer support group
- Develop a non-trauma area of professional interest
- Other:

Balance

- Strive for balance within your work-life and workday
- Strive for balance among work, family, relationships, play and rest



Simple Ways to Relieve Stress

Watch a sunrise Listen to a cat purring Go barefoot Sing a song

Go to the beach Whistle Hike in the wood Blow bubbles

Focus on the positive Give a hug Ask for help Tell a joke Listen to music

Take a walk Paddle a canoe Dance Meditate Play with a dog

Have a cup of tea Complete something Lie in the sunshine Take a break

Play with a child Talk to friend Throw a ball Hum a tune

Play a drum Take a deep breath Keep a journal Write a poem Get up early

Prioritize Practice patience Stroke a pet Read some fiction Do Tai Chi

Lend a hand Have an idle chat Plant a flower Indulge a "guilty pleasure"

Sit still See a movie Get a massage Watch fish swim Set limits

Play a sport Say "No" Paint a picture Walk in the rain Take a country drive

Enjoy a reverie Take a bubble bath Go to bed on time

Walk a labyrinth Ask for what you need Make love Write a letter

Watch a fire or candle burn Stretch Take a nap Give a compliment

Smile Feed birds and squirrels Take some photos Sleep in Pull some weeds

Make a list Clean something Run in the park Say a prayer

Arrange flowers Eat some chocolate Tell a story Do a puzzle

Practice kindness Focus on your senses Laugh out loud Watch sunset

RECIPES

Chai

Ingredients:

1 inch fresh turmeric
1.5 inch fresh ginger
1 cinnamon stick
1 teaspoon black peppercorns
2-3 cloves

Directions:

1. Grate Tumeric & Ginger into a small pot
2. Add rest of ingredients, 2 cups water, and bring to a boil.
3. Once boiling, let simmer for a few minutes so flavors have a chance to infuse.
4. Serve with milk, if desired.

Tina's Egg Curry

Ingredients:

1. 6 eggs
2. 1 large onion, finely chopped
3. 1 tablespoon fresh ginger (I grate fine)
4. 4 cloves garlic, crushed & finely chopped
5. 1 red chili, chopped finely (or one heaped TSP of chili flakes)
6. 1 teaspoon of turmeric powder
7. 1 teaspoon cumin seeds
8. 1 large can crushed tomatoes (I use an 18oz jar)
9. 1 tablespoon of tomato paste
10. 3 tablespoons fish sauce (I use soy)
11. Salt, to taste
12. 2 tablespoons olive oil

Directions:

1. Place the eggs in a large pan of cold water and bring to the boil.
2. Boil for five minutes, turn off the heat, and leave the eggs to cool completely.
3. When eggs are cold, shell them carefully so whites remain smooth.
4. Heat 1 tablespoon of olive oil in a large fry pan. Add the turmeric powder when the oil is hot. When the yellow spice sizzles, add the eggs.
5. Stir around in the hot pan until the eggs are well coated in the turmeric and they begin to turn golden.
6. Remove the eggs from the pan, and set aside in a dish.
7. Return the pan to the fire, and add the rest of the oil.
8. Throw in the cumin seeds and toss for a couple of seconds.
9. Saute the onion, ginger, chilli and garlic in the oil, until the onion begins to melt.
10. Add the crushed tomato and stir well, then add the tomato paste, half a cup of water and the fish sauce.
11. Bring the sauce to the boil, and then turn the heat down, and simmer for about ten minutes.
12. Adjust seasoning, and make more spicy by adding more chill flakes if required.
13. Now cut the eggs in half, and slide them gently into the sauce. Place a lid on the saucepan, and cook for an additional 5 to 8 minutes.
14. Sprinkle with chopped coriander or mint.
15. Serve with white rice or roti.

Yotam Ottolenghi's Pasta Dish

Ingredients:

1. 2 1/2 cups plain Greek yogurt
2. 2/3 cup olive oil, divided
3. 4 cloves garlic, crushed
4. 1 pound fresh or thawed frozen peas, divided
5. 1 pound dried conchiglie pasta
6. Scant 1/2 cup pine nuts
7. 2 teaspoons Turkish or Syrian chile flakes (or less, depending on how spicy they are)
8. 1 2/3 cups fresh basil leaves, coarsely torn
9. 8 ounces feta cheese, broken into chunks
10. Kosher salt and freshly ground white pepper, to season

Directions:

1. Put the yogurt, 6 tablespoons of the olive oil, the garlic, and 2/3 cup of the peas in a food processor. Blitz to a uniform pale green sauce and transfer to a large mixing bowl.
2. Cook the pasta in plenty of salted boiling water until al dente. As the pasta cooks, heat the remaining olive oil in a small frying pan over medium heat. Add the pine nuts and chile flakes and fry for 4 minutes, until the nuts are golden and the oil is deep red. Also, heat the remaining peas in some boiling water, then drain.
3. Drain the cooked pasta into a colander, shake well to get rid of the water and cool, and add the pasta gradually to the yogurt sauce--adding it all at once may cause the yogurt to split.
4. Add the warm peas, basil, feta, and season with salt & pepper. Toss gently, transfer to individual bowls, and spoon over the pine nuts and their oil.

Mango Lassi

Ingredients:

1. 2 cups Yogurt
2. 2 cups Ripe Mango Peeled and Cubed
3. 2 tsp Sugar
4. 1/2 tsp Cardamom Powder
5. 5-6 Ice Cubes
6. 1 Cup Milk

Directions:

1. Add yogurt, mango piece, sugar, cardamom powder and ice cubes in the jar of a blender.
2. Add milk.
3. Blend until smooth.
4. Add some more milk if the lassi is too thick.
5. Pour the lassi in serving glasses.
6. Garnish with saffron strands, almond and pistachio slivers and mint leaves.
7. Serve chilled.