

Mindful Counseling & Wellness

Heal. Grow. Thrive.

Rooted in Resilience is a mental health workbook for LGBTQIA+ young adults, designed to support self-discovery and healing. It provides a safe space to explore experiences, identify strengths, and develop effective coping strategies through reflective exercises and creative prompts. The workbook aims to help individuals navigate unique challenges, build confidence, and foster a sense of community while celebrating diverse identities and experiences. ***Because showing up as yourself is enough***



MISSION & VISION

OUR CORE VALUES

Pride Month can evoke a range of emotions. You might feel angry, numb, fearful, or disconnected. Perhaps you're simply worn out. This workbook isn't designed to pressure you into feeling proud—it's here to remind you that you are valuable, you are not alone, and your nervous system deserves attention.

This is a space for you to reconnect with yourself. Feel free to utilize what resonates with you and skip what doesn't. Take a moment to honor your own story and the strength it brings to the collective tapestry of Pride.



Office Location

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Contact Information

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Office Hours

Monday-Friday 8am-8pm
Saturday 9am-4pm

Self-Compassion Check-In

Self-compassion is vital as it encourages us to treat ourselves kindly, similar to how we would treat a friend. It helps us handle challenges more resiliently and reduces self-criticism during setbacks. By accepting our imperfections, we build a positive relationship with ourselves, which enhances emotional well-being, motivation, and connections with others.

How would you treat a friend? **Self-Compassion Exercise 1**

1. Reflect on how you support a close friend who is struggling. Describe your typical actions, words, and tone.
2. Consider your self-response during personal struggles. Note your actions, words, and tone.
3. Identify any differences in how you treat yourself versus others and explore the reasons behind this.

Imagine how your situation might improve if you treated yourself as kindly as you would a good friend. Consider trying this approach.

Self-Compassion Exercise 2

Identifying what we really want.

1. Consider what you really need: Think about your desires and needs, not just your wants.
2. Focus on needs: Prioritize your fundamental needs, such as comfort, connection, and growth.
3. Be mindful of your values: Make sure your actions and choices align with your values.

Regulating Nervous System Tools

Feeling overwhelmed? Regulating your nervous system helps bring your body back to calm. When regulated, you handle stress better and feel more focused. Here are some practices to help you find your inner calm.

Breath work

Deep, slow breathing activates the parasympathetic nervous system, aiding relaxation and stress reduction. To practice, find a quiet space, sit comfortably, and close your eyes. Inhale deeply through your nose, expand your diaphragm, hold briefly, then exhale slowly through your mouth, releasing tension. Repeat several times, focusing on your breathing's rhythm and sensation.

Physical movement

Exercise, yoga, or short walks help release tension and regulate the nervous system. Physical activity boosts endorphins, reducing stress hormones like cortisol. Enjoyable activities promote consistency, making movement a regular routine. Whether vigorous or gentle, physical activity fosters balance and calm.

Grounding

Grounding techniques reconnect you with your body and surroundings. Begin by standing or sitting comfortably, feeling your feet on the ground. Engage your senses by identifying five things you see, four you can touch, three sounds, two smells, and one taste. This sensory method helps shift focus from anxiety to present awareness.

Rest and recovery

Prioritize sleep, nutritious meals, and technology breaks for recovery. Adequate rest restores energy and supports the nervous system. Create a calming bedtime routine with dim lights, reading, or meditation. Balanced meals supply essential nutrients, while regular screen breaks alleviate mental fatigue and enhance clarity. These practices foster well-being and resilience to stress.

Areas of Control in an Uncertain World

While many aspects of the world are beyond direct control, there are still significant areas where influence can be exerted over the internal experience and reactions to external events.

Key areas of control include:

Mindset and Self-Talk:

Focus can be directed and a growth mindset cultivated, rather than dwelling on negativity and anxieties.

Internal dialogue can be monitored, with supportive and constructive words chosen instead of excessive criticism.

Actions and Behavior:

Choices regarding how time and energy are spent are controllable.

Effort put into pursuing goals is controllable.

Responses to events can be chosen.

Well-being:

Prioritizing activities that support physical and mental health, such as exercise, healthy eating, and adequate sleep. Seeking support from trusted individuals or professionals when needed.

Boundaries and Relationships:

Establishing and maintaining healthy limits in relationships and commitments.

Choosing the people and relationships that are nurtured.

MAPPING A SUPPORT SYSTEM CHECK IN

What is mapping a support system?

Mapping a support system involves creating a visual representation of the people, resources, and places that offer assistance and guidance

Start with the basics:

Draw a central circle with your name or picture. Surround it with circles/boxes for supportive people, organizations, or resources. Label connections with names/contact info linked to the central circle.

Identify Support in Different Areas

Areas of life:

Consider areas like health, work, family, friends, finances, and emotional well-being.

Specific support:

Think about who can offer emotional support, practical help, advice, or resources in each area.

Consider Different Types of Support:

Informal support: Family, friends, and individuals providing emotional support and practical help.

Formal support: Professional services such as therapists, doctors, counselors, and social workers.

Community support: Community centers, support groups, and online resources.

Reflect and Revise:

Regularly review your support system to keep it relevant as your life changes.

Seek feedback from your support network to improve their support.

Build new connections to strengthen your support network.

NATIONAL AND VIRTUAL LGBTQIA+ SUPPORT ORGS

Pride Institute of Texas **pride-institute.com**

1 (800) 547-7433 PRIDE Institute is committed to providing lesbian, gay, bisexual, and transgender people a road to recovery through evidence-based substance abuse, sexual health, and mental health treatment.

Family Pride Coalition

info@familypride.org | 963-852-7014 Support group for gay and lesbian families.

Trans Youth Family Allies

www.ImaTYFA.org | (888) 462-8932 Offers education programs that empower children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected.

Gay, Lesbian & Straight Education Network

(GLSEN) www.glsen.org The leading national education organization focused on ensuring safe schools for all students.

GLBT National Help Center

GLBTNationalHelpCenter.org | 1 (888) 843-4564 organization that provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity

THE TREVOR PROJECT

www.thetrevorproject.org the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. We provide information & support to LGBTQ+ young people 24/7, all year round.

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If you're seeking a safe space to process your feelings and be acknowledged, Mindful Counseling is here for you. Remember, you are not alone. Our compassionate team of professionals is dedicated to providing you with the support and guidance you need to navigate life's challenges. We offer a range of therapeutic services tailored to meet your unique needs, ensuring that you feel heard, understood, and empowered. Together, we can work towards healing and growth, fostering a sense of peace and resilience within you. Reach out to us today, and take the first step on your journey towards a brighter future.



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