

FAB Topic

Fun, Advocacy, and Brainpower

DECEMBER



December FAB Topic

Maintain Good Mental Health



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Agenda



Introductions:



Ground Rules

- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.



- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.



Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



AGENDA

Maintain Good Mental Health

Positive Things to Do During the Pandemic.



It's important to take good care of your mental health, especially since our lives have been thrown upside down.

Creating routine, getting fresh air, socializing with others, getting exercise, and eating healthy are all vitally important. It will also give you some control in a world that sometimes seems out of control.

GAMES

Game 1)

Games on Mental Health



Directions to Play: For this game, pull up a simple picture of an interior or exterior scene. The scene should have several elements to it.

1. For example, a picture of a pond with a bench, some ducks, a walking path, a jogger, a tree, and a tulip bed. Once you've found an ideal image, study it for one minute.
2. At the end of one minute, turn the picture face-down and write down all the items you remember or have someone write down what you memorized by looking at the picture.
3. Then, turn the photo back over and see what (if anything) you missed. Complete the practice a second time to see if you do any better on the subsequent round.

Website Resource: <https://sunshineadc.com/7-fun-games-improve-mental-health/>

Game 2)

Directions to Play:

1. This is a memory game. You have several options for what pictures you are trying to match.
2. You can play by yourself or with a friend or against the computer. You can pick the time and the speed.
3. There are boards with emojis, sports, movies, monuments. Pick your board then have fun trying to remember where the cards are!!
4. Click on the link below and enjoy!!

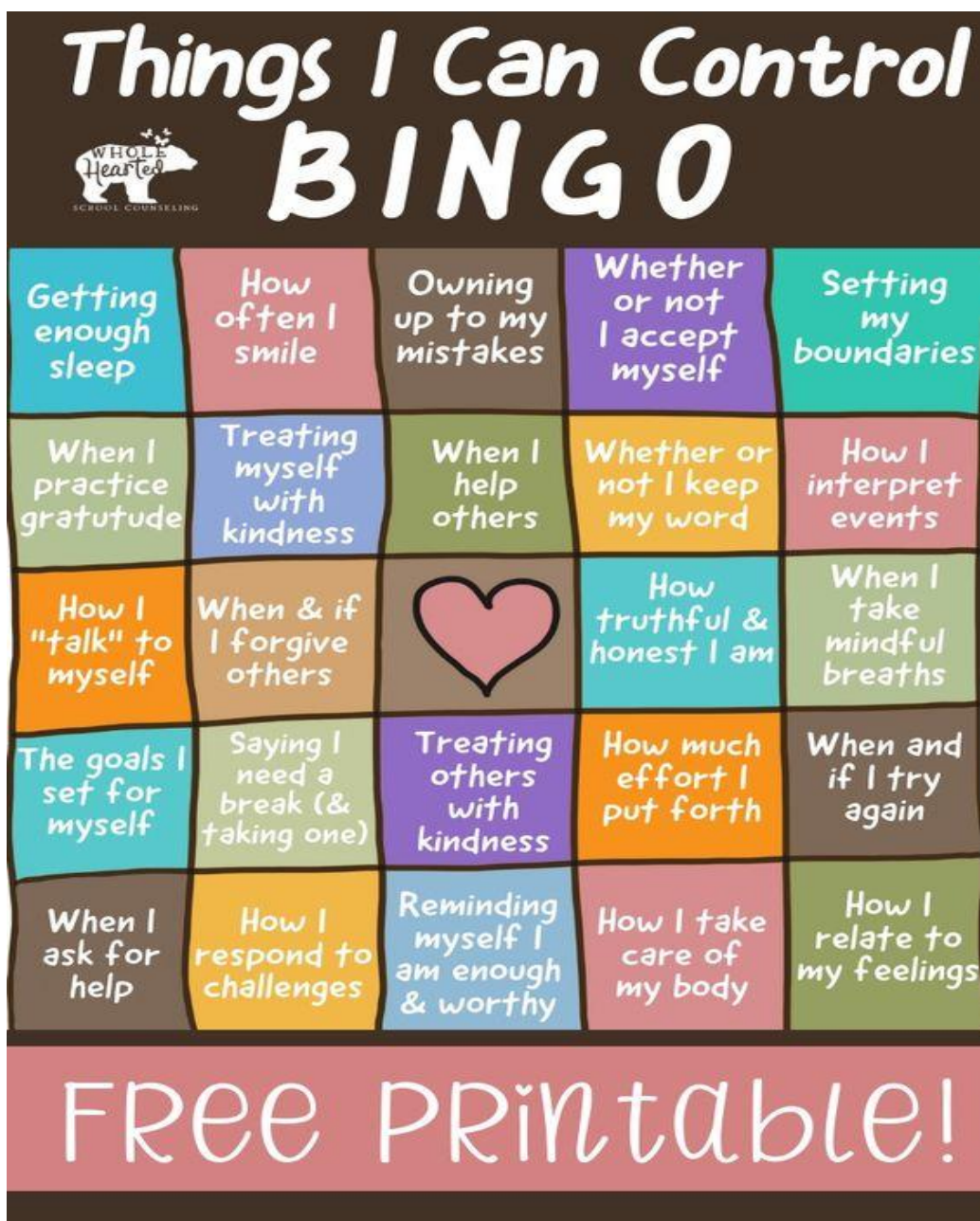


<https://www.memozor.com/memory-games/for-adults/fruits-and-vegetables>

Game 3)

Directions to Play: Bingo for Mental Health and Self Care

1. Below is a printable Bingo game (found on Pinterest) to help ourselves be mindful of our mental health and how we treat others.
2. You can discuss how each box would make you think or feel, going around the group, or use pictures or emojis to describe what each box means to you. You can also suggest an example of what each box would look like.





Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



This link is about the top ten tips to maintain good mental health.

<https://www.peoplefirstinfo.org.uk/health-and-well-being/mental-health/10-top-tips-for-good-mental-health>



This link talks about ways to stay healthy in general.
Powerpoint on 6 ways to improve health

https://www.uaex.edu/life-skills-wellness/extension-homemakers/docs/Leadership_Training_Guides/six_ways_health.pptx



Here is a link to a list of ways to cope with COVID-19 stress.

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2



This is a link to the Disaster Distress Hotline. It is a free hotline that you can call 24/7/365 if you need someone to talk to.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>



This is a link to some grounding techniques that you can use in case of anxiety or panic attack.

<https://weheartit.com/articles/332231979-anxiety-grounding-techniques->



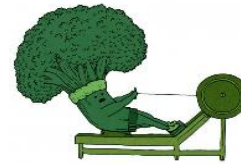
This is article gives fun activities to do to keep you busy during Covid-19.

<https://www.talktomira.com/post/7-things-to-do-at-home-during-the-coronavirus-quarantine>

Virtual Board



Cooking Ideas and Exercise



December Recipes

Grilled Cheese Sandwich

Please click the link below for the recipe:

<https://accessiblechef.com/recipes/grilled-cheese-sandwich/>



Roasted Chicken

Please click the link below for the recipe:

<https://accessiblechef.com/recipes/roasted-chicken/>



December Exercises

#1



Yoga for Mental Health

Yoga is a calming way to relax your mind, body and soul. This system of spiritual practice originated in India. Yoga is practiced all around the world and is adaptable to everyone. Yoga is great for your peace of mind and helps your physical body to feel better on a daily basis.

Yoga covers it all. It helps people get in touch with themselves; helps with focusing and strengthens your breath and lung capacity. Yoga allows you to be in touch with your body.

Yoga is a superpower when it comes to mental health benefits. This is a great way to use deep breathing. Taking long deep breaths is a way of calming down the thoughts in your mind. Yoga allows your body to go into a rest mode, which allows relaxation to happen. Using gentle stretches through yoga allows the body to rejuvenate, too.

For more information and videos use the links below.

Website Resource:

<https://www.rollingwithoutlimits.com/view-post/Wheelchair-Yoga-for-the-Disabled>

Website Resource:

<https://www.getthegloss.com/article/7-exercises-to-boost-your-mental-health>

2

Walking for Mental Health



Being disabled should not prevent anyone from getting outside to enjoy fresh air and activities. Researchers have found that there are important mental and physical health benefits to spending time outside. Anyone living with limitations should find ways to get outside and enjoy the fresh air.

A ten-minute walk or roll outside can improve your self-esteem, mood, and depression very quickly. One study found that even an easy walk or stroll in a park or any natural area outdoors can reduce signs of depression in the brain. Sunlight is also proven to boost mood and reduce depression and anxiety.

It is important to move your body. Moving in ways such as stretching your legs, arms, and other muscles makes the mind and the body feel great as you enjoy the outdoors.

Website Resource:

<https://www.getthegloss.com/article/7-exercises-to-boost-your-mental-health>