

Mental Health and Resiliency Resources

The nation and congregations especially focus on Mental Health Awareness in the month of October. The HMA Spiritual Leadership Committee: Joan Appleton, Amy Armanious, Beth Cook, Rhonda Cordill, Mary Beth Desmond, Ann Gornik, Mary Therese Gubbels, Donna Kremer and Cheryl Willis have compiled some mental health and resiliency resources they have found helpful in their ministries and hope you do too for your health ministries and for **YOU**.

Apps:

- ★ Calm
- ★ Headspace
- ★ Healthy Minds Program
- ★ Smiling Mind

Books:

- ★ *An Unquiet Mind: A Memoir of Moods and Madness* by Kay R. Jamison
- ★ *Anchors for the Soul: Daily Wisdom for Inspiration and Guidance* by Joyce Rupp
- ★ *Change Your Brain Change Your Life* by Dr. Daniel Amen
- ★ *Psalms for Healing* by Gretchen Person
- ★ *Psalms for Praying: An Invitation to Wholeness* by Nan C. Merrill
- ★ *Strength for Each Day: 365 Devotions to Make Everyday a Great Day* by Joyce Meyer

Mental Health & Resiliency Handouts highlighted in October HMA Today (in a zip folder)

- ★ Candle lighting Service (www.nami.org) (pdf) first Sunday in October (October 4, 2026)
- ★ How to Elicit the Relaxation Response **reprinted with permission from [Dr. Herbert Benson](#)'s book [The Relaxation Response](#) pages 162-163** (Word doc)
- ★ Mental Health & Resiliency Bibliography by Ann Gornik MSN RN (Word doc)
- ★ Prayer by Margaret Ann Holt UMC for National Day of Prayer (October 10, 2026) for Mental Health Awareness Week (October 4-10, 2026) (Word doc)
- ★ Quick Coherence Tool for Stress Reduction (pdf)
- ★ Spiritual First Aid Mental Health Handbook (pdf)

Simple Rituals:

- ★ Breathing: Box Breath, Mindful Breathing: 4,7.8 (Dr Andrew Weil: www.drweil.com), Quick Coherence (see handout section)
- ★ Coloring Mandalas
- ★ Epsom Salt Baths
- ★ Lectio Divina
- ★ Guided Imagery
- ★ Sipping Tea: Aveda Comfort Tea, Peppermint, Sleepy Time
- ★ Walking the Labyrinth

Websites:

- ★ American Foundation for Suicide Prevention (AFSP): www.afsp.org
- ★ Belleruth Naparstek: www.healthjourneys.com
- ★ Breathing: Three Exercises - Dr. Weil: www.drweil.com
- ★ Heart Math: Quick Coherence for Adults: www.heartmath.org
- ★ Institute of Spiritual Healing and Aromatherapy: www.ishahealing.com
- ★ Jennifer Reis Yoga - Divine Sleep Yoga Nidra: <https://jenniferreisyoga.com>
- ★ Just One Thing - Dr. Rick Hanson: www.rickhanson.com
- ★ Meditation: Take a stress-reduction break: [Meditation: A simple, fast way to reduce stress - Mayo Clinic](#)
- ★ Mental Health Awareness Month/ SAMHSA: [Mental Health Awareness Month | National Alliance on Mental Illness \(NAMI\)](#)
- ★ Mental Health First Aid: www.mentalhealthfirstaid.org
- ★ Mind/Body Education Center: <https://mindbodyonline.com>
- ★ National Alliance for Mental Health (NAMI): www.nami.org Please look at your local chapters for support group and other resources.
- ★ National Association of Aromatherapy: www.naha.org
- ★ National Depression Screening Day October 9, 2026: <https://www.mhanational.org/nationaldepression-screening-day>
- ★ National Institute of Mental Health (NIMH): www.nimh.nih.gov
- ★ Out of Darkness: <https://supporting.afsp.org>
- ★ Spiritual First Aid: www.spiritualfirstaid.org
- ★ Substance Abuse and Mental Health Service Administration: www.samhsa.gov
- ★ UCC Wellness Ministries toolkit <https://www.ucc.org/ucc-wellness-ministries-toolkit/>
- ★ World Mental Health Day October 10, 2026: <https://www.who.int/campaigns/world-mental-health-day>