

5 TIPS FOR Taking Care of Your Mental Health

Practice Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support When Needed

Reach out to family, friends or mental health professionals when necessary.



Mental Health Tips Last 90 Days Tutorial

Gina-Marie Cantarella

Mental Health Tips Last 90 Days Tutorial:

The Bodies in Our Blind Spot: A Practitioner's Guide to Building Safety and Courage from the Bottom Up

Caitlin Rose, 2025-04-14 For decades Western medicine and mental health disciplines have struggled with a fundamental blind spot the failure to fully integrate the body's role in emotional and psychological healing. The Bodies in Our Blind Spot offers a revolutionary framework for practitioners ready to bridge this gap. Drawing from Polyvagal Theory and the science of resilience and peak performance, this guide presents a bottom up approach to healing one that goes beyond talk therapy and cognitive reframing to address the physiological foundations of emotional well being. This book provides a clear science-backed framework for understanding and integrating somatic work into existing therapeutic practices. Practical tools and exercises to help clients expand their nervous system capacity moving from fear to safety and from collapse to courage. A structured approach for addressing chronic states of anxiety, depression, trauma, and stress that have been resistant to traditional treatments. Insights for practitioners across disciplines including mental health professionals, somatic therapists, trauma specialists, performance coaches, and resilience experts. By restoring the body's ability to regulate and process emotions at the physiological level, practitioners can help clients experience faster, more sustainable breakthroughs while creating a practice that is emotionally sustainable for themselves. Whether you are a therapist looking to integrate somatic techniques, a coach working with peak performers, or a self-healer searching for practical strategies, The Bodies in Our Blind Spot will equip you with the knowledge and tools to unlock lasting transformation from the inside out.

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