



mind • body • spirit Napa Solano

Take Steps to Build Resilience and Bounce Back From Stressful Life Events

Kaiser Permanente Napa-Solano Area Support Resources.



ADULT CLASSES

Managing Stress

(4 sessions, no fee, self referral)

Helps you recognize the sources of stress in your life, manage symptoms, and develop a healthier lifestyle.

Understanding Anxiety

(4 sessions, no fee, self referral)

Identify what triggers your anxiety and learn ways to manage your symptoms.

Managing Depression

(4 sessions, no fee, self referral)

Depression affects your thoughts, feelings and behaviors. Learn self care skills to enhance your mood.

Improving Your Sleep

(4 sessions, no fee, self referral)

Teaches how sleep behaviors and thinking patterns affect the quality and quantity of your sleep.

Couples Communication

(6 sessions, fee required, self referral)

Learn more effective ways to talk about difficult topics, reduce defensiveness, and understand each other's perspective.

Managing Anger

(8 sessions, fee required, self referral)

When anger causes problems with family, friends, or colleagues, we can help.

For more information or to register for classes, visit or call your local Health Education Department.

Vallejo: 707-651-2692
Vacaville: 707-624-2225
Fairfield: 707-427-4466
Napa: 707-258-4490

BEHAVIORAL MEDICINE

Behavioral Medicine Consultants provide goal-oriented treatment to help you with any mild to moderate mental health conditions or to aid in stress management. They work with you to build coping skills and reduce overall distress. To meet with a Behavioral Medicine consultant, ask your doctor to schedule an appointment for you.

INDIVIDUAL/GROUP COUNSELING

You don't need a referral from your doctor to talk to a therapist or counselor in our Mental Health or Addiction Medicine and Recovery Services

ONLINE RESOURCES

For podcasts, videos, and online programs, go to kp.org/mydoctor and search for "stress," "anxiety," "depression," "sleep," or other topics. For additional parenting information, go to

<https://kpthrivingfamilies.org/pediatricsblog/>



Resources You Can Use On Your Own



Healing can happen so you can:

- Connect with others.
- Be in touch with your body (sometimes called **"grounding"**).
- Express emotions in a safe and healthy way.
- Work off stress physically.
- Be fully present in the moment.
- Feel joy.

Activities can include:

- Playing a game or sport or doing other physical activities.
- Painting, drawing, or other artistic expression.
- Breathing exercises, meditation, yoga, or other mindfulness activities.
- Singing or playing a musical instrument.
- Participating in a support group.
- Dancing, singing, or chanting in your faith community or spiritual group, or drumming in a drum circle.
- Journaling (suggested book: *Writing to Heal: A Guided Journal for Recovering from Trauma and Emotional Upheaval* by J. W. Pennebaker).



BOOKS

- *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* by Rick Hanson and Richard Mendius
- *They Can't Find Anything Wrong!* By David D. Clarke
- *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal* by Donna Jackson Nakazawa



MOBILE APPS

- **Mindfulness Coach:** Available at the App Store. Practicing mindfulness reduces stress, improves emotional wellbeing increases self-awareness and helps with anxiety, depression, and chronic pain. This app offers exercises, information, and a tracking log.
- **iChill:** Available at the App Store and Google Play. This app teaches a set of skills to help you build resilience.



VIDEOS

- **[Connected Parents, Connected Kids](#)**, by Futures Without Violence, (7 min)
- **[How Childhood Trauma Affects Health Across a Lifetime](#)**, by Dr. Nadine Burke-Harris (TED talk, 16 min)
- **[Building Adult Capabilities to Improve Child Outcomes: A Theory of Change](#)**, (5 min)
- **[How Children and Adults Can Build Core Capabilities for Life](#)**, (5 min) by Center on the Developing Child at Harvard University



ONLINE

- **Free Guided Meditations** Listen to guided meditations from the University of California. Visit marc.ucla.edu and choose "Free Guided Meditations."
- **"Just One Thing" Newsletter:** Sign up for Rick Hanson's "Just One Thing" free weekly newsletters that bring simple practices for more fulfilling relationships and peace of mind. Visit rickhanson/writings/just-one-thing/
- **ACEs Too High News Blog:** Find research about adverse childhood experiences (ACEs), including the health consequences of toxic stress. Visit acestoohigh.com



Resources You Can Use On Your Own

Non-Traditional Care Options

Non-Traditional Care Mind and Body Connections



Your mind and body are connected, so it's important to nurture your emotional wellness and mental health.

Mind-Body care focuses on the powerful ways that physical, emotional, social, and spiritual health can effect your total wellness.

Some mind-body treatments and therapies that have proven to be effective include

- Affirmations
- Aromatherapy
- Biofeedback
- Breathing Exercises
- Dance and Movement Therapy
- Guided Imagery
- Laughter Therapy
- Hypnosis and Self-Hypnosis
- Meditation
- Complementary Therapies for Cancer
- Muscle Relaxation
- Music Therapy
- Prayer
- Stress Management
- Support Groups
- Tai Chi and Qi Gong
- Visualization techniques



Bodywork

Bodywork is the practice of relieving stress or pain through touch or pressure to better align your joints, muscles, and bones.

Popular types of bodywork include:

- Acupressure
- Acupuncture
- Chiropractic
- Massage
- Reflexology