

BLOOM WITH MINDFULNESS:



AN ACTIVITY BOOK FOR MENTAL WELLBEING

BROUGHT TO YOU BY THE BRIDGEPORT DEPARTMENT OF HEALTH AND SOCIAL SERVICES!





This book belongs to: _____

Welcome to Your Mindful Journey!

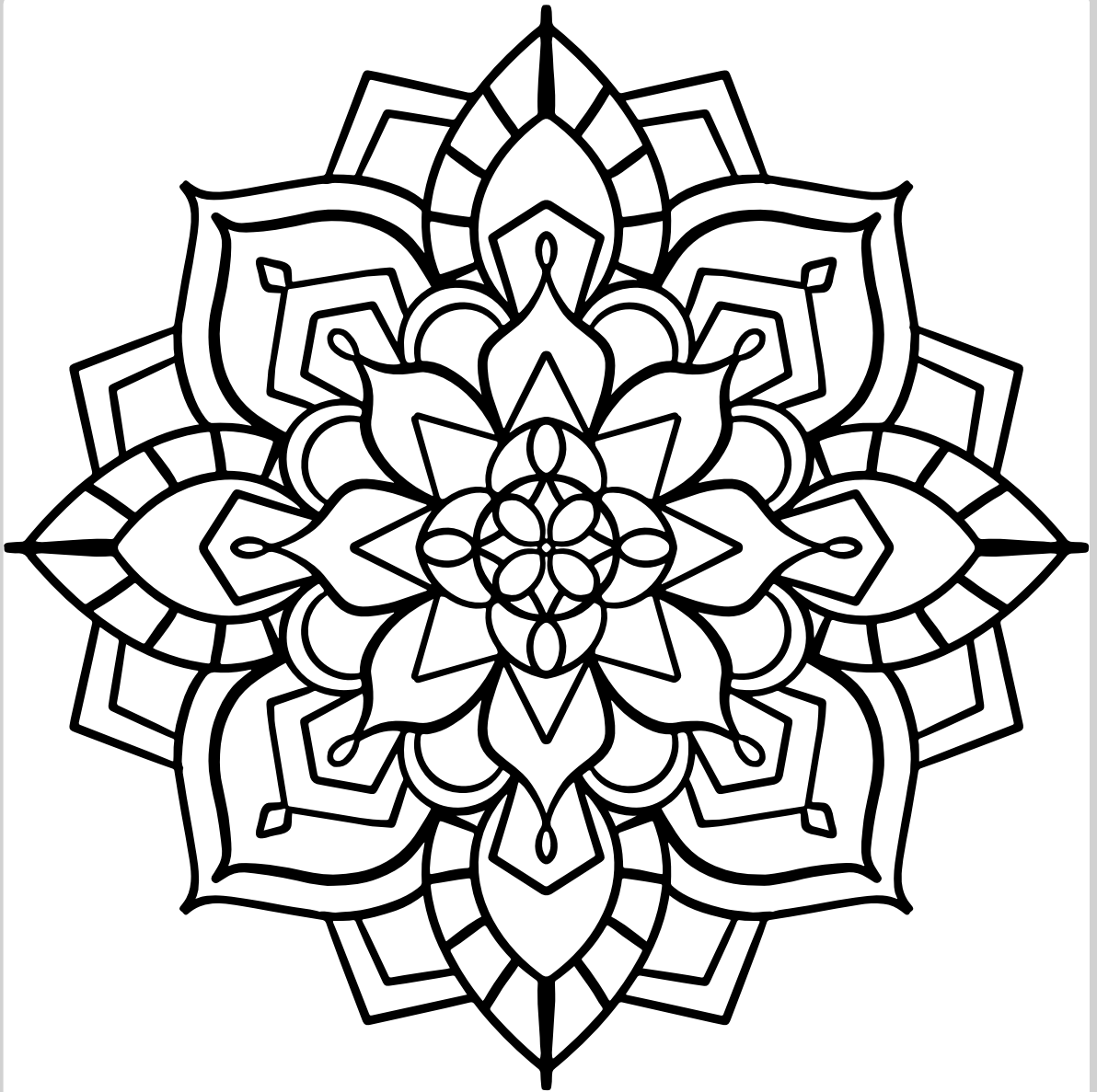
May is Mental Health Month, and it's the perfect time to focus on our well-being. ❤️ Mental health is crucial for our overall happiness and resilience. 🧑 Mindfulness is the practice of being present and fully engaged in the moment, which can help reduce stress, improve focus, and enhance overall well-being and mental health. 🌟 Inside, you'll find fun activities to help you practice mindfulness such as coloring, puzzles, and exercises of mindfulness. As you explore these activities, remember there's no right or wrong way to be mindful. 🧘 Just relax, have fun, and discover the calm and joy that comes from being present!

Looking for more support? 🌟 The back of this book has a list of local and online resources to help you continue your mental health journey.

Let's get started!

- The Bridgeport Department of Health and Social Services





Coloring can be a mindfulness practice because it encourages you to focus on the present moment and the activity at hand. As you engage in coloring, your mind becomes absorbed in the colors, shapes, and movements, helping to quiet any racing thoughts and promote relaxation. This mindful activity allows you to let go of stress and worries, bringing a sense of calmness and tranquility to your mind.

Wordsearch Puzzle #01

Puzzles, like word searches, can promote mindfulness by engaging your attention fully in the task at hand, allowing you to focus on the present moment and quiet your mind.

INSTRUCTIONS

Find the word in the puzzle. Words can go in any direction and may intersect with each other, sharing letters along the way.



Awareness

Balance

Breathe

Focus

Gratitude

Happy

Health

Hope

Meditate

Mood

Observe

Peace

Positive

Present

Quiet

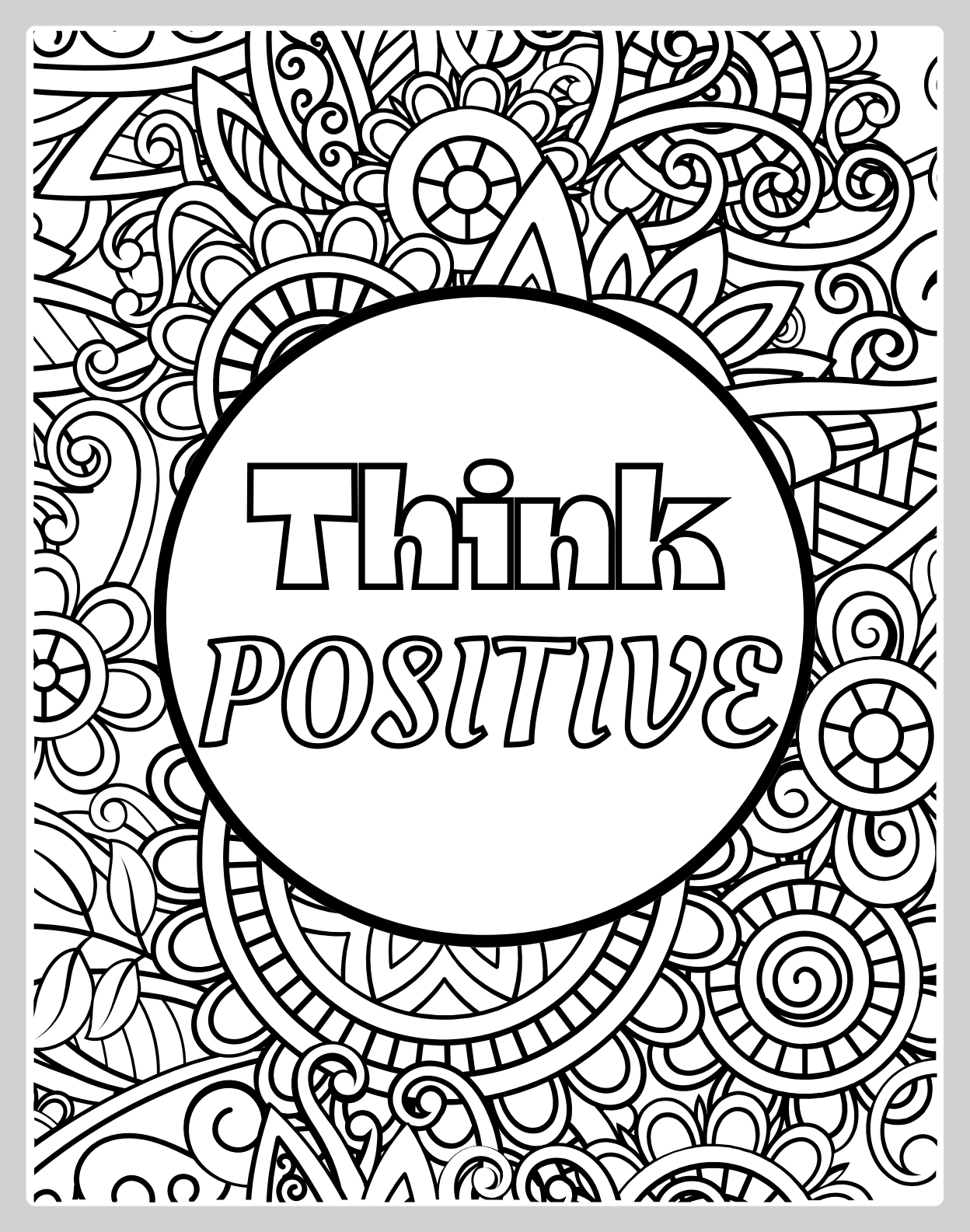
Self

Sleep

Support

Therapy

Wellness

A black and white line drawing of a mandala. The central element is a large circle containing the text "Think POSITIVE". The word "Think" is in a bold, sans-serif font, and "POSITIVE" is in a bold, serif font. The background is filled with intricate, repeating patterns of leaves, flowers, and geometric shapes, creating a dense and decorative border around the central text.

Think
POSITIVE

Breathing Exercise

Box Breathing

Take a mindful moment, and learn a powerful technique! Box breathing, also called paced breathing, helps you become more aware of your inner self. This simple exercise can increase awareness of your thoughts and feelings, allowing you to respond more calmly in stressful situations. Focus on your breath, and let the stress melt away!

INSTRUCTIONS



Sit in a comfortable upright position and breathe in through your nose for four seconds.



Hold your breath for four seconds.



Exhale through your nose for four seconds

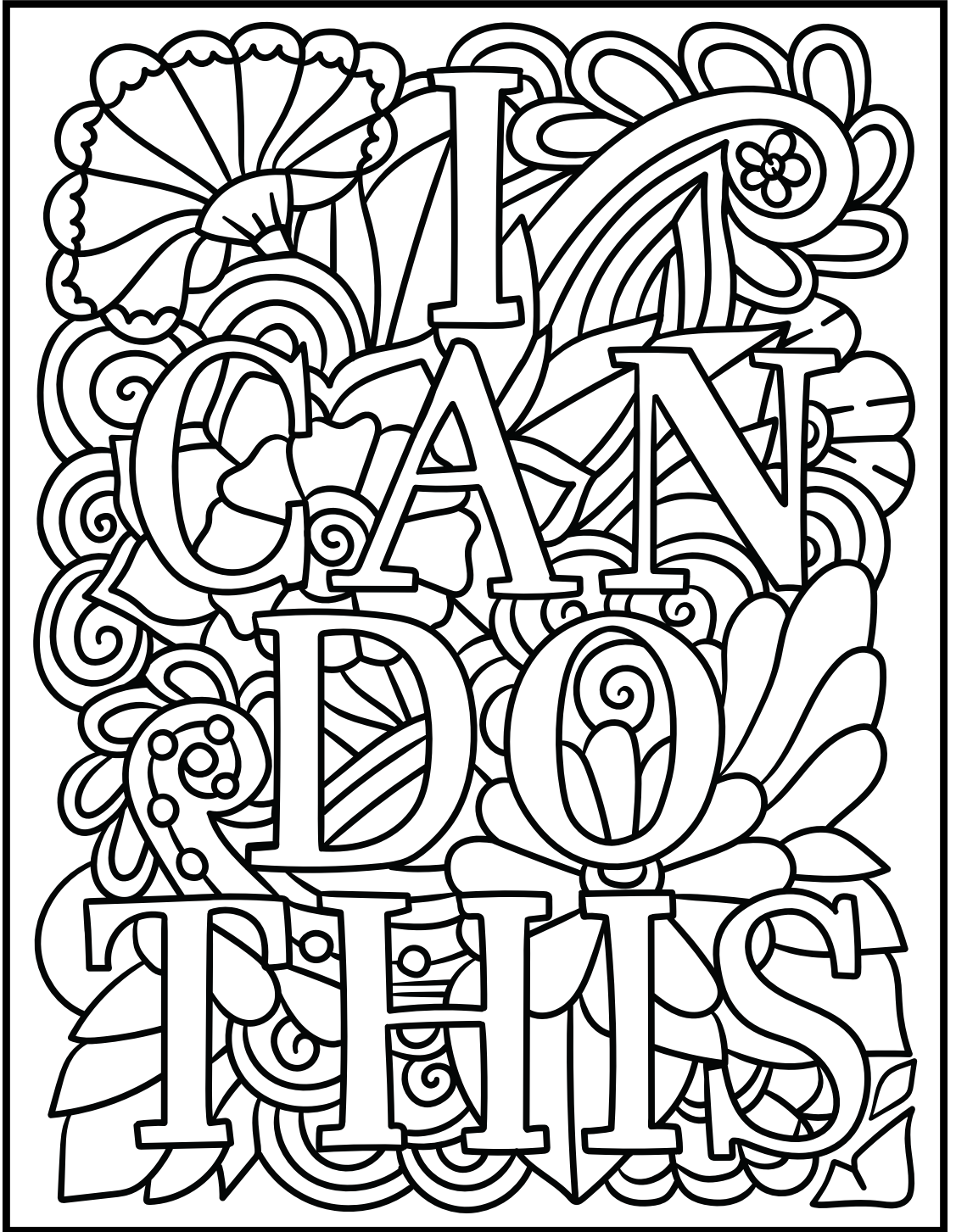


Hold the exhale for four seconds before repeating.



Repeat this cycle several times, for up to 5 minutes. Focus on the sensations of your breath entering and leaving your body.

Feeling overwhelmed? Pause, take a few box breaths, and approach the situation with newfound mindfulness.



Sudoku #01

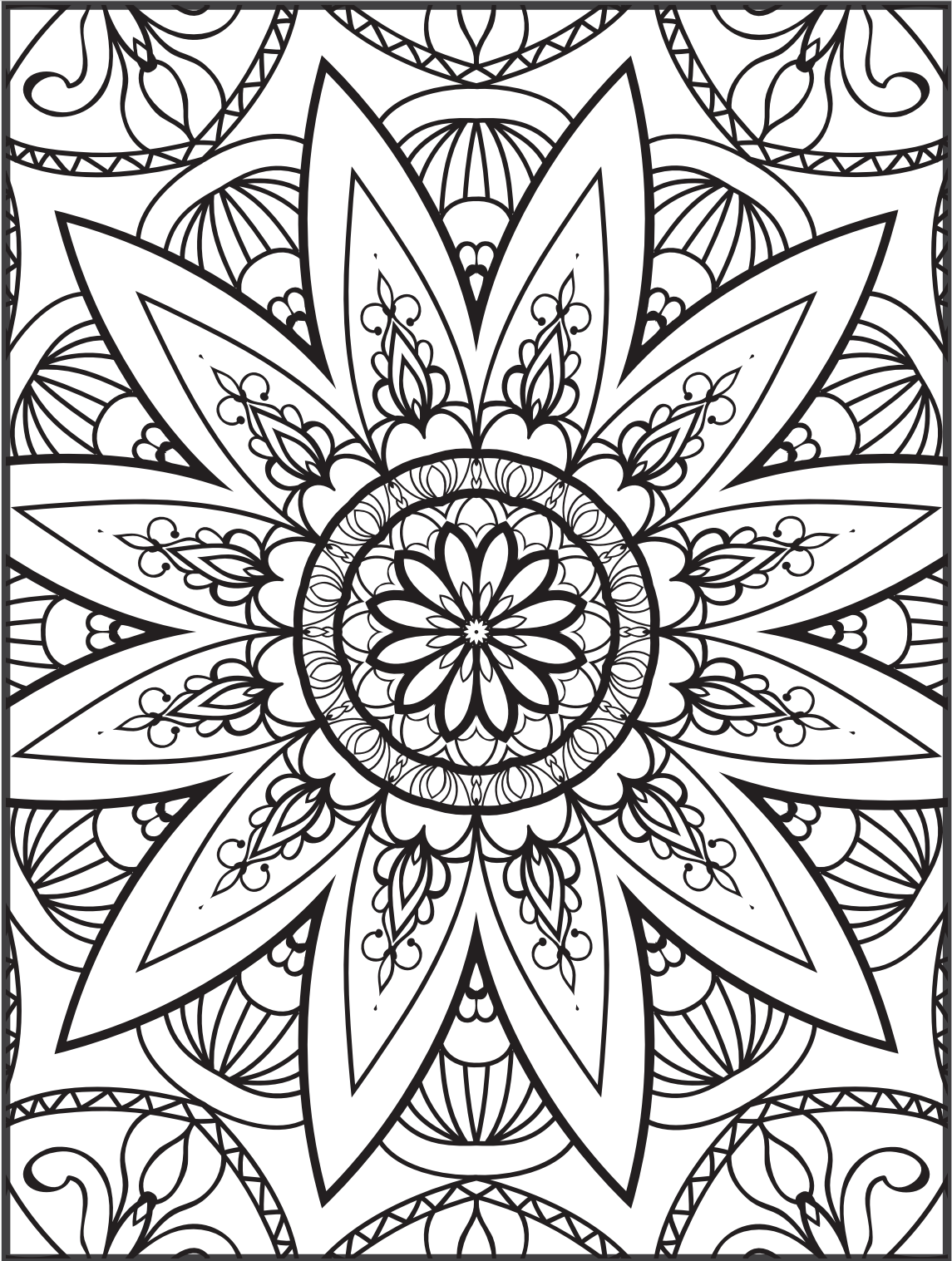
Solving puzzles like Sudoku promotes mindfulness by engaging your full concentration and attention. As you focus on the puzzle, distractions fade away, promoting relaxation and mental clarity.

INSTRUCTIONS

Use the numbers 1 to 9 to complete the Sudoku.
Only use each number once in each row, column and grid.



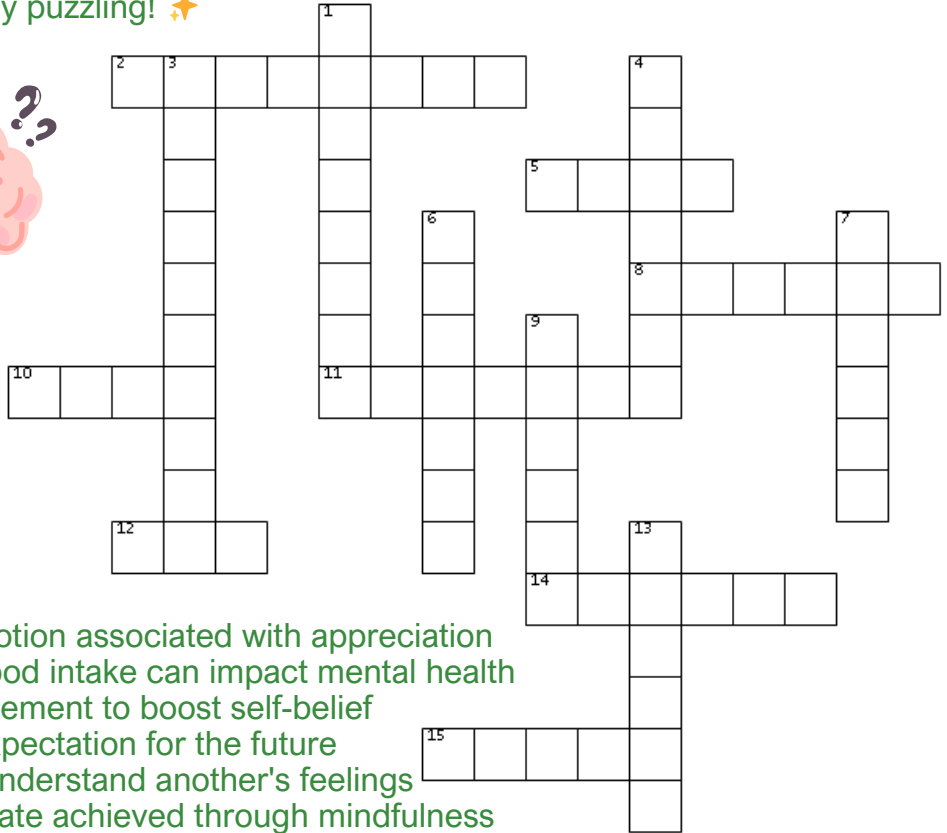
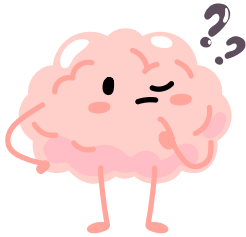
6				8			5	
5	8		6	7		4		
		2			1	8		3
1		9			4			2
				6	7		3	4
	4	6		9		5		
8			9					6
4		5		3	6	1		
		1		2			9	5



Cross Word Puzzle #01

INSTRUCTIONS

Unwind and find focus! Take a moment to de-stress and dive into this mindfulness-themed crossword. Use the clues to fill in the words across or down in the grid. Remember, intersecting letters are shared between words. Happy puzzling! ✨




ACROSS

2. Positive emotion associated with appreciation
5. Nutritious food intake can impact mental health
8. Positive statement to boost self-belief
10. Positive expectation for the future
11. Ability to understand another's feelings
12. Tranquil state achieved through mindfulness
14. Ability to use or obtain resources like mental health care
15. Essential for mental and physical well-being

DOWN

1. Focus mind and achieve calmness
3. Ability to bounce back from challenges
4. Treatment for mental health conditions
6. Provide encouragement and assistance
7. Mindfulness practice focusing on inhales and exhales
9. Negative association with mental health conditions
13. Acknowledge and come to terms with



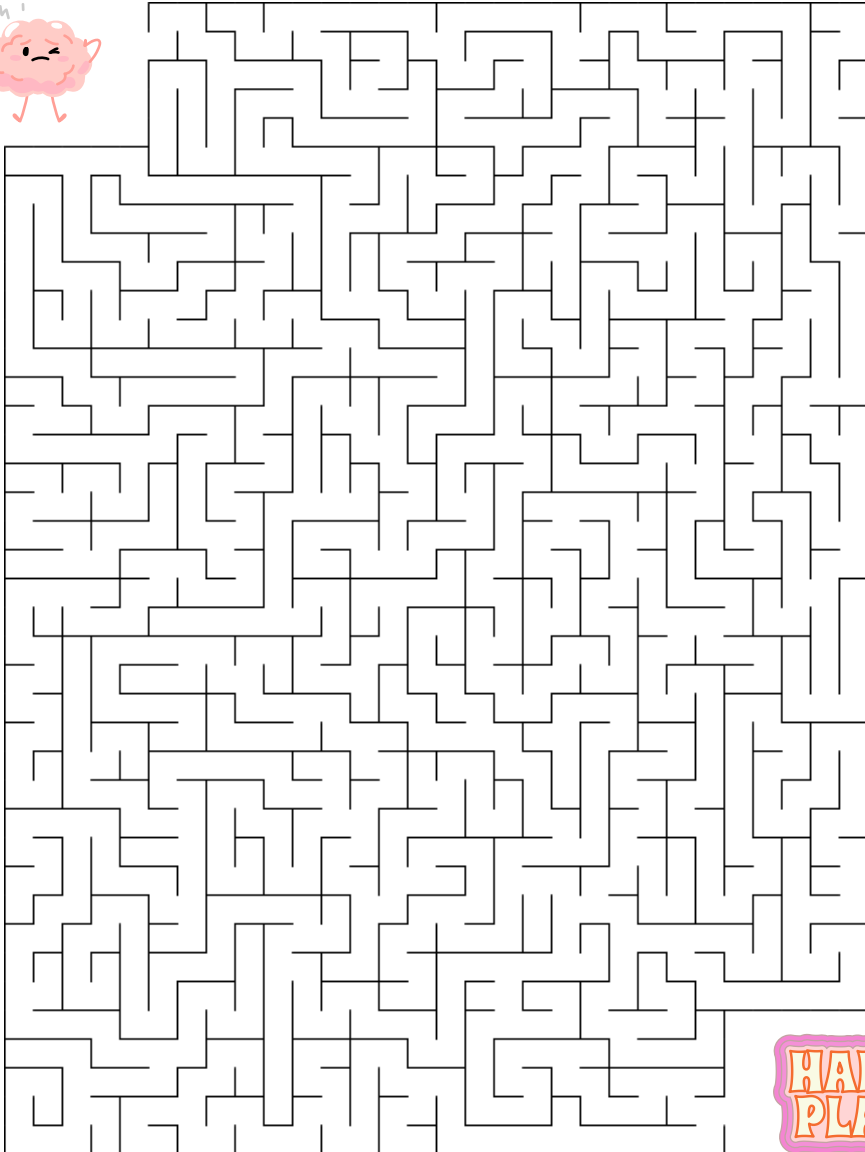


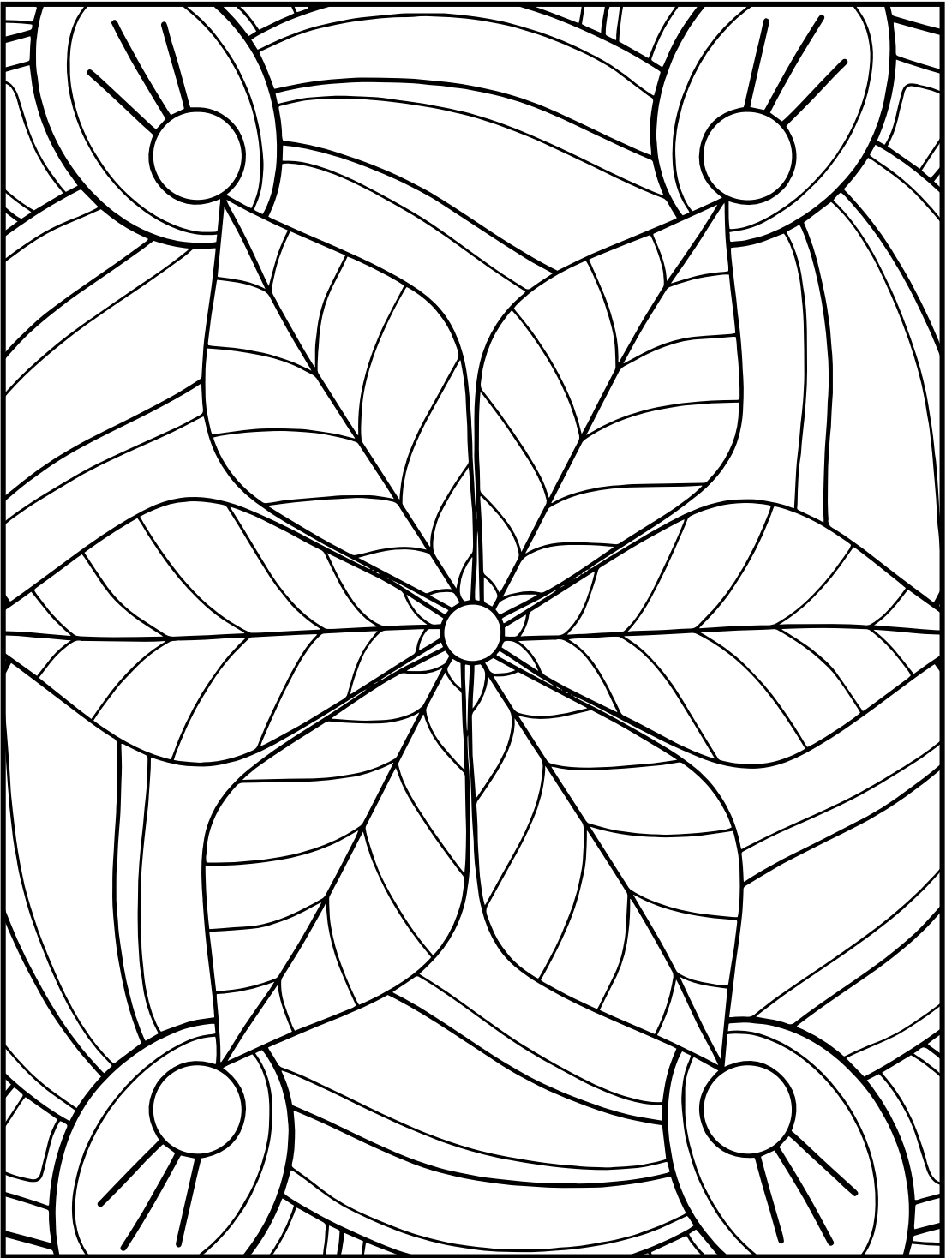
Today
will be a
GREAT
Day

Maze #01

INSTRUCTIONS

Find your inner calm! Breathe deeply, clear your mind, and navigate this mindful maze. Can you help the lost brain navigate this maze and find its happy place? Mindfulness is all about focusing on the present moment, and this maze will test your concentration and calm.





Crafting Your Personal Affirmations



Stay Positive: Frame affirmations in a positive manner, focusing on what you want, not what you want to avoid.



Present Tense: Phrase them as if they're happening now — "I am" instead of "I will be."



Believable: They should resonate with you, even if they stretch your current beliefs.



Exercise: Write down three affirmations tailored to your personal aspirations or challenges. Repeat them every morning for a week.



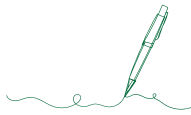




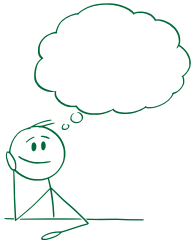


DO
AMAZING
THINGS

Journaling

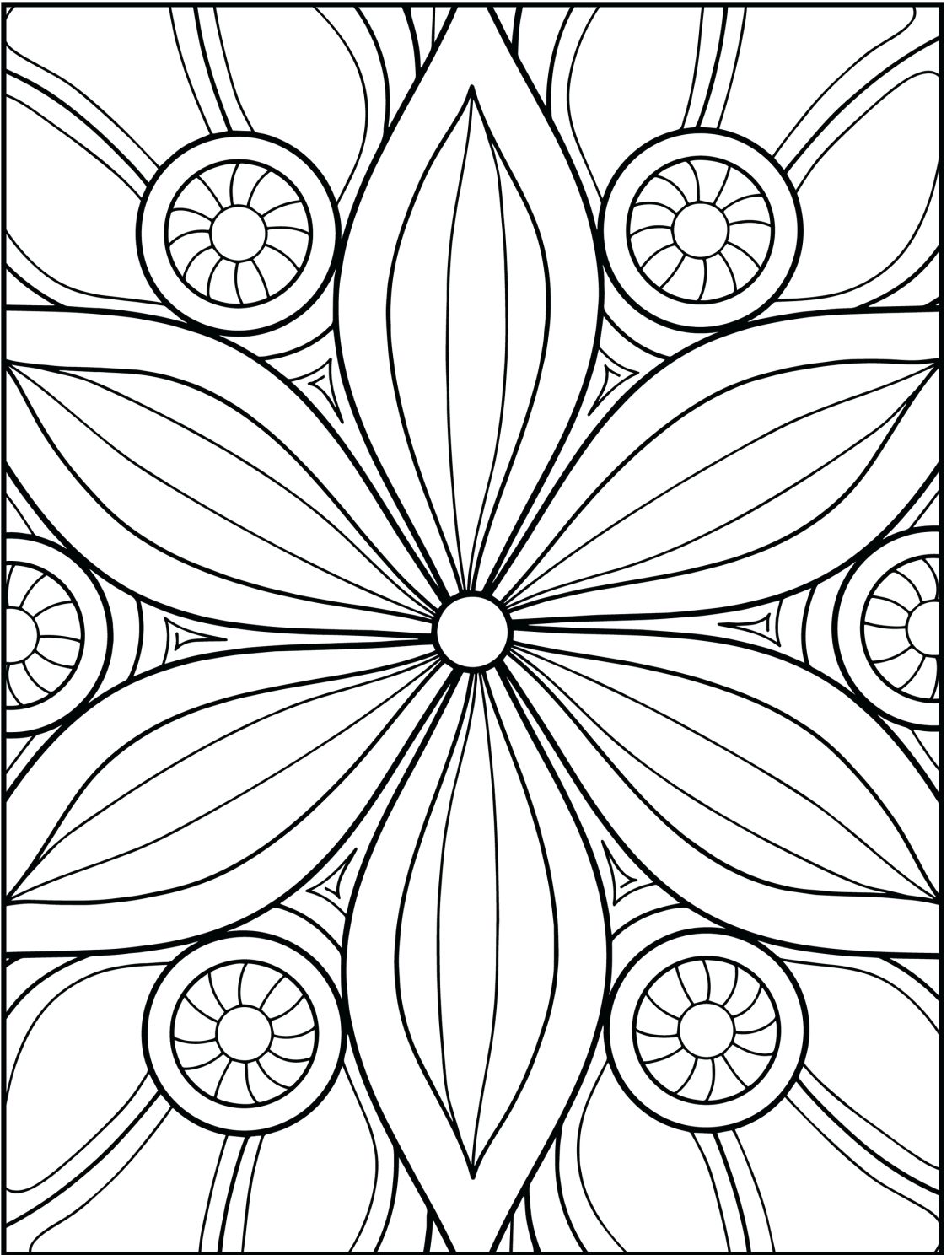


Take a mindful moment and unlock your inner world! Journaling is a powerful tool to quiet your mind and connect with yourself. It's more than just writing things down – it's about exploring your thoughts and feelings without judgment.



Imagine a "thought bubble" above my head. What does it say? Is it helpful or unhelpful?

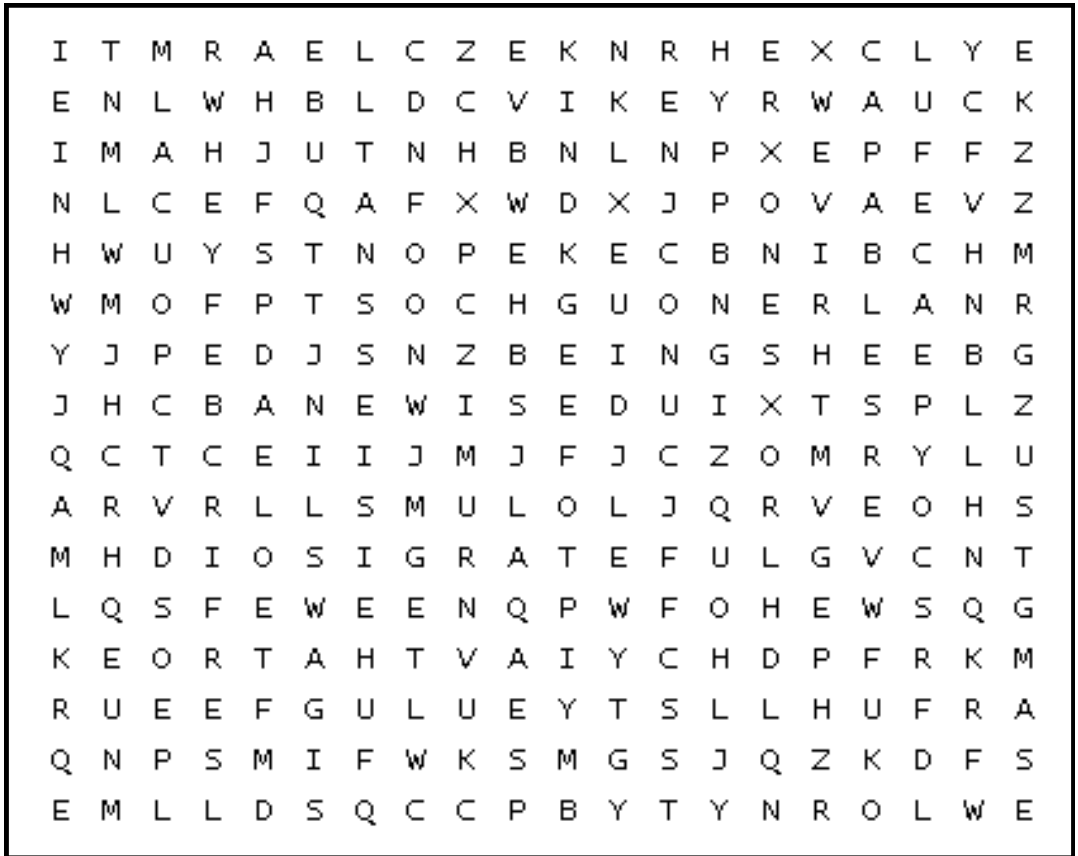
Imagine myself in a peaceful place. Describe the sights, sounds, and smells in detail.



Word Search Puzzle #02

INSTRUCTIONS

Take a mindful moment! Close your eyes, take a few deep breaths, and focus on a positive affirmation. Now, open your eyes and search for words hidden within this puzzle that can help you cultivate a mindful and positive mindset. Remember, words can go forwards, backwards, up and down, and even diagonally, sometimes sharing letters! Happy hunting!



Acceptance
Being
Believe
Calm
Capable

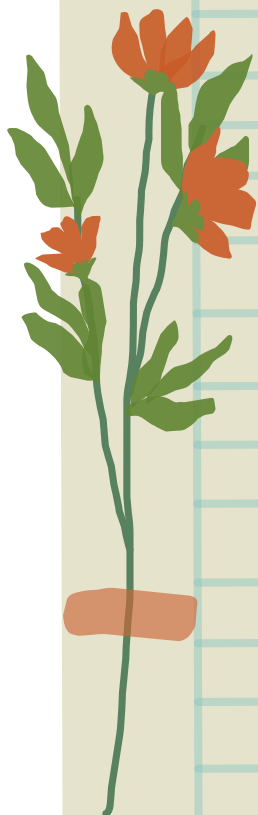
Clear
Enough
Grateful
Joyful
Kind

Loved
Mindful
Open
Peaceful
Resilience

Serene
Strong
Thrive
Wise
Worthy



Write a Letter of Appreciation to Yourself

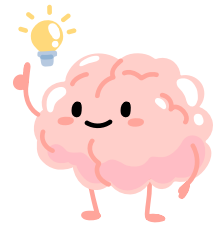


A large area of lined paper for writing, featuring horizontal light blue lines on a light brown background. The top and bottom edges of the paper are decorated with a white, torn-paper effect.



I
am
Enough

Sudoku #02



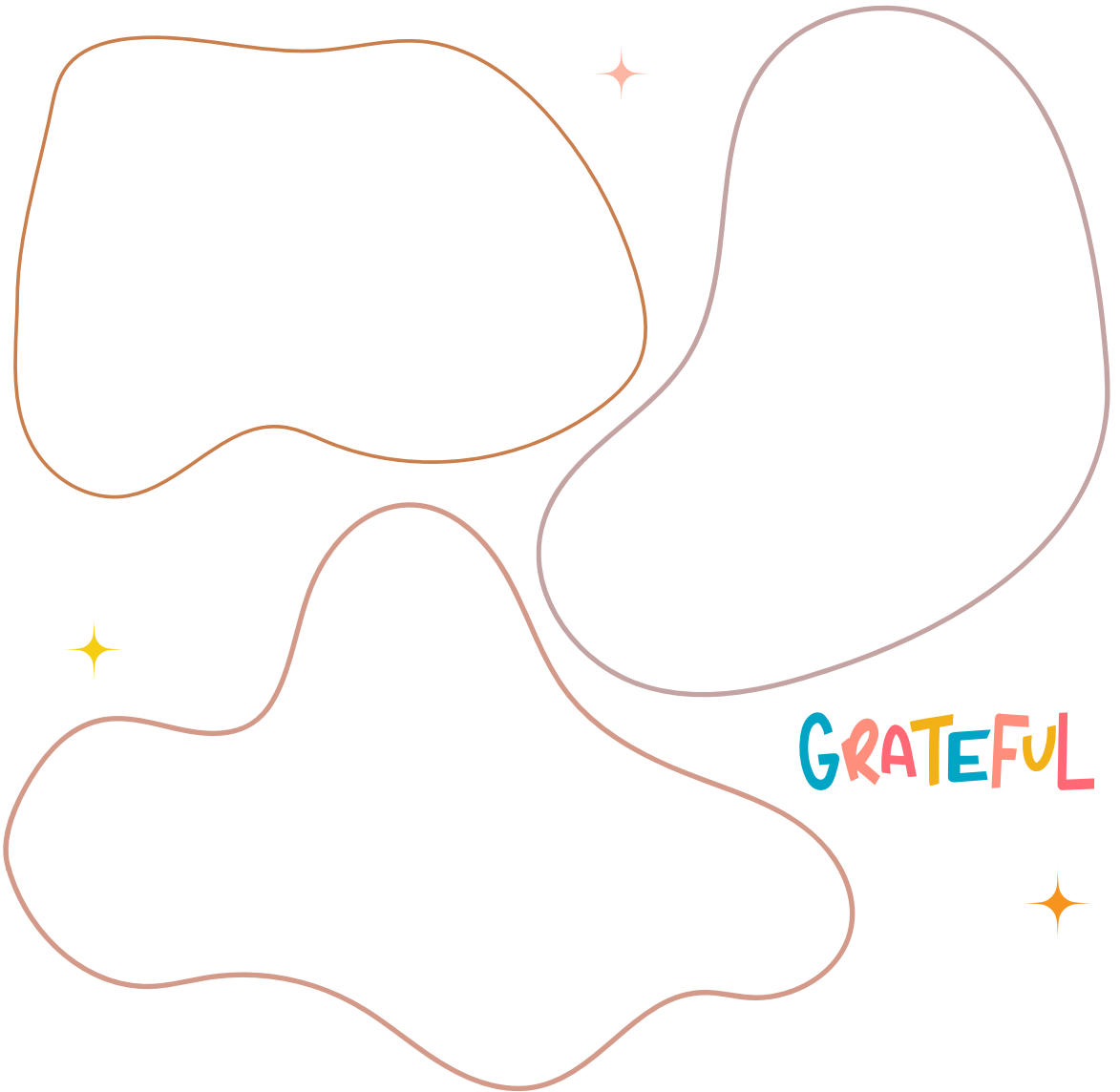
INSTRUCTIONS

Find your focus! Take a minute to clear your mind, then channel your inner zen master to solve this Sudoku puzzle. Remember, use each number (1-9) only once in each row, column, and 3x3 grid. Good luck!

	3		4				8	5
8		4		3	2			1
	1				5	7		
	4			9	1			7
	6	9			7	5	2	4
5			6					
		1		7			5	9
3	2			4	8	1		
	9				6			2

Draw 3 Things You're Grateful for today

Take a mindful moment to appreciate the good things in your life. Drawing 3 things you're grateful for today is a simple yet powerful way to cultivate gratitude, a key ingredient for happiness and well-being.



GRATEFUL

Five Senses Exercise

The five senses exercise is a mindfulness practice designed to help you become more present in the moment and focus on your surroundings. It involves paying close attention to the information you're receiving through your five senses: sight, sound, touch, taste, and smell. Here's how it works:

INSTRUCTIONS

Find a quiet and comfortable spot: Sit or stand in a place where you won't be interrupted for a few minutes. Take a few deep breaths and focus on your breathing to calm your mind.

Engage each sense individually:



Sight: Open your eyes and look around. Can you spot **five** things you don't usually notice? Maybe it's a spiderweb in the corner, a cool pattern on the ceiling, or a tiny crack in the sidewalk.



Touch: What **four** sensations can you feel right now? Notice the feeling of your clothes on your skin, the warmth of sun on your face, or the chair against your back.



Sound: Pay attention to the sounds around you. Can you point out **three** different background noises? Perhaps it's the whir of a fan, the chirping of birds, or the distant rumble of traffic.



Smell: Take a deep breathe. Can you notice **two** smells you might normally ignore? Maybe it's the dusty tang of old books, the faint aroma of coffee brewing, or even the earthy smell of after-rain.

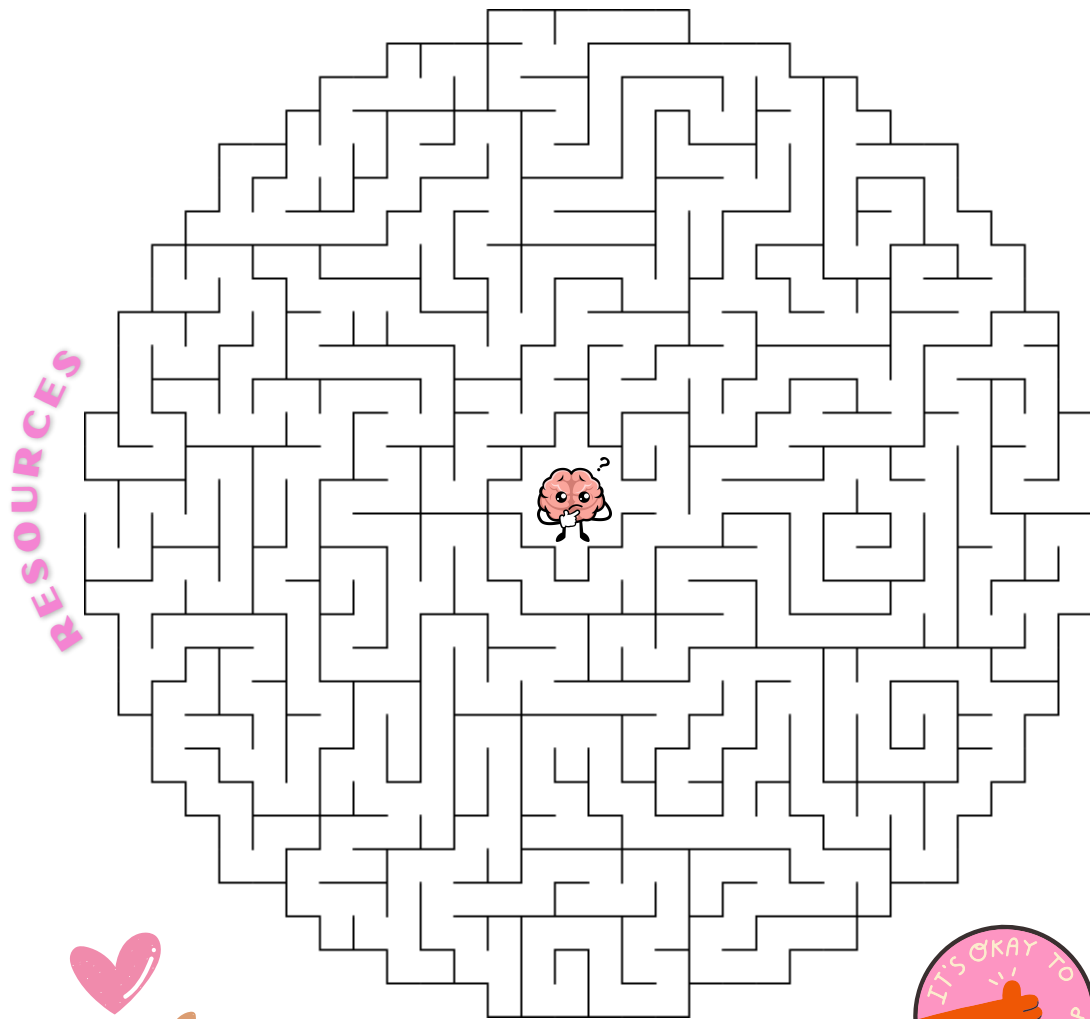


Taste: Finally, focus **one** thing you can taste. If you've recently consumed something, notice the taste in your mouth. If not, you can take a sip of a drink, chew a piece of gum, or open your mouth to discover if there are any faint tastes in the air.

Maze #02

INSTRUCTIONS

Take a mindful moment and quiet your thoughts as you navigate this maze. Help the lost brain find its way to valuable resources at the end. Need resources yourself? Turn the page for a list of local and online support options. ✨



Resources

Life can be tough, but you don't have to face challenges alone. If you or someone you know is struggling, there's support available. Below, you'll find a list of local and online resources, plus crisis hotlines and warmlines that are available.

The Bridgeport Department of Health and Social Services.

If you're in need of help accessing services but don't know where to start or who to contact, we're here to assist you. Simply fill out the referral form found online, and let us guide you on your journey to getting the support you need.



Local Resources

- **2-1-1** A free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week online and over the phone. Visit 211ct.org/ or call [2-1-1](tel:2-1-1).
- **The Connecticut Department of Mental Health and Addiction Services** Provides mental health and addiction services. Visit portal.ct.gov/dmhas or call [860-418-7000](tel:860-418-7000).
- **Substance Use Services Access Line** Staff ask screening questions, and provide callers with education, support, hope and tangible assistance to individuals having difficulty living with substance use issues. Call [1-800-563-4086](tel:1-800-563-4086).
- **Healthy Lives Connecticut** Provides info and tools for maintaining or regaining wellness in the areas of emotional wellness, physical wellness, holistic wellness, financial wellness, and recovery from addiction issues. Visit healthylivesct.org/ or call [2-1-1](tel:2-1-1).
- **National Alliance on Mental Illness** Is dedicated to improving the quality of life for people affected by mental health conditions through support, education, and advocacy. Visit namict.org/ or call [860-882-0236](tel:860-882-0236).
- **Greater Bridgeport Community Mental Health Center** Provides a wide variety of treatment services to adults that range from inpatient treatment, community-based services, rehab services and more. Visit portal.ct.gov/DMHAS/SWCMHS/Agency-Files/GBCMHC or call [1-800-586-9903](tel:1-800-586-9903).
- **Homes for the Brave** (Veterans focused) Provides the housing and services necessary to help homeless individuals return to a productive and meaningful life. Visit homesforthebrave.org/ or call [203-338-0669](tel:203-338-0669).
- **Catholic Charities of Fairfield County** Provides comprehensive and compassionate mental health care to our community's individuals, couples, and families. Visit ccfairfield.org/project/mental-health-counseling/ or call [203-416-1307](tel:203-416-1307).

Local Resources

- **Bridge House, Inc.** Empowers adults living with persistent mental illness to improve their quality of life, with a focus on employment, housing, and education. Visit bridgehousect.org/ or call [203-335-5339](tel:203-335-5339).
- **Chemical Abuse Service Agency (CASA)** Provides community-based behavioral health services to individuals, families and communities seeking recovery from addiction, co-occurring disorders and related behavioral health issues. Visit casaincct.org/ or call [203-339-4112](tel:203-339-4112).
- **Council of Churches of Greater Bridgeport, Inc.** Provides intervention services for youth (ages 11-17) and their families to de-escalate the crises, reunite families, keep the youth in school and out of the Juvenile Justice system and provides culturally specific services to Latinos who have a criminal history, as well as substance abuse prevention needs for those who have or are at risk of HIV infection. Visit ccgb.org/ or call [203-334-1121](tel:203-334-1121)
- **Liberation Programs** Offers treatment and prevention services for substance use and mental health disorders, with the purpose of aiding individuals and families in overcoming addiction to restore lives. Programs include inpatient programs, outpatient services, supportive housing, and more. Visit liberationprograms.org/ or call [855-542-7764](tel:855-542-7764).
- **LifeBridge Community Services** Provides services such as behavioral health assistance, youth development initiatives, and assisting families in accessing the resources they need. Visit lifebridgect.org/ or call [203-368-4291](tel:203-368-4291).
- **Mental Health CT Bridgeport** Partners with individuals, families, and communities to support long-term health and wellness by helping individuals obtain a safe home, activating whole health living, finding fulfillment and purpose, and becoming actively engaged in the community. Visit mhconn.org/ or call [860-529-1970](tel:860-529-1970).
- **CCAR (Connecticut Community for Addictions Recovery)** Helps individuals considering recovery, new to recovery or in long-term recovery navigate the recovery community. Visit ccar.us/ or call [203-332-3303](tel:203-332-3303).
- **CT Renaissance** Specializes in providing behavioral health services for adolescents and adults living with addiction and/or mental health disorders. Visit ctrenaissance.org/ or call [203-336-5225](tel:203-336-5225).
- **Bridgeport Rescue Mission** Provides vital services to men, women, and children facing hunger, homelessness, and addiction, offering help to heal and return to the community whole. Services include food programs, clothing, emergency housing, and addiction recovery programs. Visit bridgeportrescuemission.org/ or call [203-333-4087](tel:203-333-4087).
- **Drug Free CT** Helps CT understand, prevent, and recover from substance use disorders. Visit drugfreect.org/.
- **Recovery Network of Programs** Offers a full range of care and recovery services to individuals and families, including inpatient, outpatient, and housing assistance programs to ensure a complete and successful recovery. Visit recovery-programs.org/ or call [203-416-1915](tel:203-416-1915).

Local Resources

- **Optimus Health Care** Provides health care services, including primary, dental, behavioral, and specialty health care, in Southwestern Connecticut. Visit optimushealthcare.org/ or call [203-696-3260](tel:203-696-3260).
- **RYASAP Regional Youth Adult Substance Abuse Project** Works to ensure the safe and healthy development of youth, young adults, and families by actively engaging organizations, public officials, and community leaders around issues that matter most to the community. Visit ryasap.org/ or call [203-579-2727](tel:203-579-2727).
- **The Hub** Coordinates initiatives related to mental health, suicide, substance misuse, and problem gambling and conducts regional assessments to prioritize needs of towns and cities. Visit thehubct.org/ or call [203-579-2727](tel:203-579-2727). Find local resource guide at thehubct.org/greater-bridgeport. Find peer support groups at thehubct.org/freepeersupport.
- **Southwest Community Health Center (SWCHC)** Provides medical, dental, and behavioral health services (including substance abuse treatment and mental health services) to individuals and families in the Greater Bridgeport area. Visit swchc.org/ or call [203-330-6000](tel:203-330-6000).
- **Family Reentry Provides** services aimed at disrupting the cycle of incarceration by providing individualized case management and support services that empower and fortify individuals, families, and communities. Visit familyreentry.org/ or call [203-838-0496](tel:203-838-0496).

Online Resources

- **SAMHSA: Find Help** Find treatment, support, helplines, screening tools, and more. Visit samhsa.gov/find-help.
- **CT Suicide Advisory Board** Find resources for older adults, schools, colleges & universities, workplaces, and more. Visit preventsuicidect.org/.
- **Resources to Recover** Find resources to address the first signs of a problem to treatment and recovery. Visit rtor.org/.
- **Mental Health First Aid** Find resources on mental health, depression and suicidal intentions, self-injury, anxiety disorders, and more. Visit mentalhealthfirstaid.org/mental-health-resources/.
- **National Institute of Mental Health** Find resources for getting help, learning about various disorders and statistics, and more. Visit nimh.nih.gov/health/find-help.
- **Healthy Lives CT** Provides information and tools for maintaining or regaining wellness in the areas of emotional wellness, physical wellness, holistic wellness, financial wellness, and recovery from addiction issues. Visit healthylivesct.org/.
- **Connecticut Clearinghouse** Is a statewide library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness and other related topics. Visit ctclearinghouse.org/.

Online Resources

- **LiveLOUD** Provides resources for Opioid Use Disorder. Visit liveloud.org/.
- **You Think You Know** Provides mental health and drug misuse resources and toolkits. Visit youthinkyouknowct.org/.
- **American Foundation for Suicide Prevention** Works to give those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. Visit afsp.org/.
- **Mental Health America (MHA)** Advances the mental health and well-being of all people living in the U.S. through public education, research, advocacy and public policy, and direct service. Visit mhanational.org/.

Crisis Hotlines

- **Adult Crisis Telephone Intervention and Options Network** For adults in distress who are 18 years of age or older, available 24/7 and 365 days a year. Call [1-800-HOPE-135](tel:1-800-HOPE-135) ([1-800-467-3135](tel:1-800-467-3135)) or [2-1-1](tel:2-1-1). For children under age 18, call [2-1-1](tel:2-1-1).
- **211** Dial [2-1-1](tel:2-1-1) then [1](tel:1) for mental health.
- **National Domestic Violence Hotline** Call [800-799-7233](tel:800-799-7233) or text 'START' to [88788](tel:88788); TTY/TDD: [800-787-3224](tel:800-787-3224).
- **988 Suicide and Crisis Lifeline** Dial or text [9-8-8](tel:9-8-8) or [800-273-8255](tel:800-273-8255); Para Español: [888-628-9454](tel:888-628-9454); TTY/TDD: Dial [7-1-1](tel:7-1-1) then input [9-8-8](tel:9-8-8).
- **Parents & Caregivers Talk it Out Line** Call [833-258-5011](tel:833-258-5011).
- **Child Abuse or Neglect Careline** Call [800-842-2288](tel:800-842-2288); TTY/TDD: [800-624-5518](tel:800-624-5518).
- **Substance Abuse and Mental Health Services National Helpline** Call [800-662-4357](tel:800-662-4357) or [1-800-662-HELP](tel:1-800-662-HELP).
- **Crisis Text Line** Text the word 'HOME' to [741-741](tel:741-741).
- **DrugfreeCT** For 24/7 substance use treatment, call [1-800-563-4086](tel:1-800-563-4086).
- **Disaster Distress Helpline** Call [800-985-5990](tel:800-985-5990) OR text 'TalkWithUS' to [66746](tel:66746); TTY/TDD: [800-985-5990](tel:800-985-5990).
- **The Trans Lifeline** Call [877-565-8860](tel:877-565-8860) from 1pm-9pm.
- **The Trevor Project (LGBTQ)** Call [866-488-7386](tel:866-488-7386) or text 'START' to [678-678](tel:678-678).
- **HERO HOTLINE** Call [888-217-4370](tel:888-217-4370) or [888-217-HERO](tel:888-217-HERO) from 10 a.m. to 8 p.m.
- **Veterans Crisis Line** Call [9-8-8](tel:9-8-8) then press [1](tel:1) OR Text [838255](tel:838255).

Warm Lines (Non-Emergency)

- **Greater Bridgeport Community Mental Health Center** Call [800-921-0359](tel:800-921-0359); open 7 days per week, 3 p.m. - 9 p.m.
- **JoinRiseBe Statewide Young Adult Warmline Initiative** Call [1-855-646-7366](tel:1-855-646-7366) or [855-6HOPENOW](tel:855-6HOPENOW); open 7 days a week, 12 p.m. - 9 p.m.
- **Connecticut Behavioral Health Partnership Warmline** Call [877-522-8247](tel:877-522-8247) and select prompts [1](tel:1) then [3](tel:3); open Monday through Friday 9 a.m. - 5 p.

ANSWER KEY

WORD SEARCH # 01

G J C N W K S I E E W M X P U P H Z S Z
 G P B F U B U S H T O C V O J M E F S S
 Y C A S V O D T E O A U Y Y T E A P E P
 K P A T D L A R D N Q T V N V C L B N Z
 Q U A V I E H D N I E J I I E F T I L L O
 X U L R R T S S I N I P T D N G H S L M
 G V I B E E U E P O H I A M E U E E E C
 V L G E Q H B D G S S U P W P M V L W I
 U K Y C T E T E E O Z A W V A M R F G I
 N W J S C V U C P T R V V V P P E B T V
 A L E A X E W N H N Y K S G N D S L A S
 B U E S X U W A Y I D L J J M M B A Y B
 Q P F O C U S L K B E I N Z D N O P M G
 W F O S K T C A O E T R O P P U S C E S
 Q B W H Q B Z B P B P T L S K A G K Z Q
 Q P R E S E N T H A P P Y M Z D W J X H

SUDOKU # 01

6	1	4	3	8	9	2	5	7
5	8	3	6	7	2	4	1	9
9	7	2	5	4	1	8	6	3
1	3	9	8	5	4	6	7	2
2	5	8	1	6	7	9	3	4
7	4	6	2	9	3	5	8	1
8	2	7	9	1	5	3	4	6
4	9	5	7	3	6	1	2	8
3	6	1	4	2	8	7	9	5

WORD SEARCH # 02

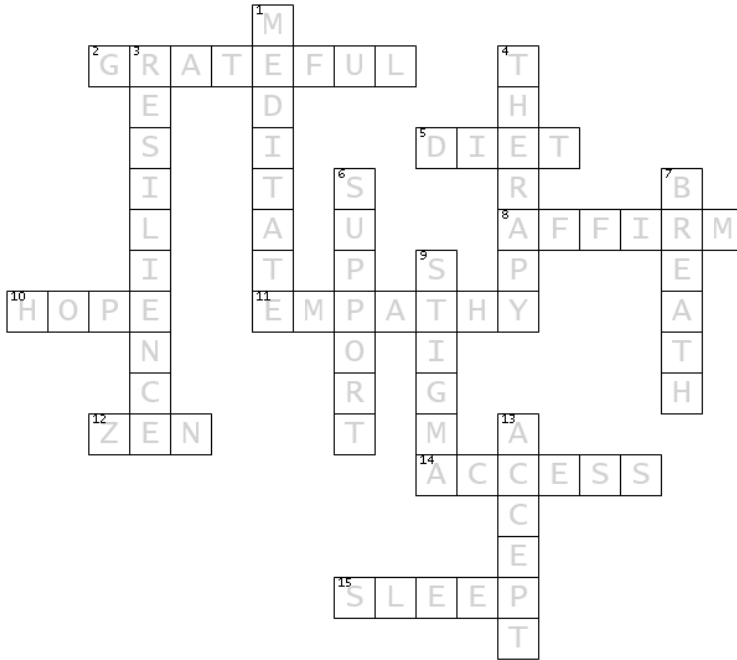
I T M R A E L C Z E K N R H E X C L Y E
 E N L W H B L D C V I K E Y R W A U C K
 I M A H J U T N H B N L N P X E P F F Z
 N L C E F Q A F X W D X J P O V A E V Z
 H W U Y S T N O P E K E C B N I B C H M
 W M O F P T S O C H G U O N E R L A N R
 Y J P E D J S N Z B E I N G S H E E B G
 J H C B A N E W I S E D U I X T S P L Z
 Q C T C E I I J M J F J C Z O M R Y L U
 A R V R L L S M U L O L J Q R V E O H S
 M H D I O S I G R A T E F U L G V C N T
 L Q S F E W E E N Q P W F O H E W S Q G
 K E O R T A H T V A I Y C H D P F R K M
 R U E E F G U L U E Y T S L L H U F R A
 Q N P S M I F W K S M G S J Q Z K D F S
 E M L L D S Q C C P B Y T Y N R O L W E

SUDOKU # 02

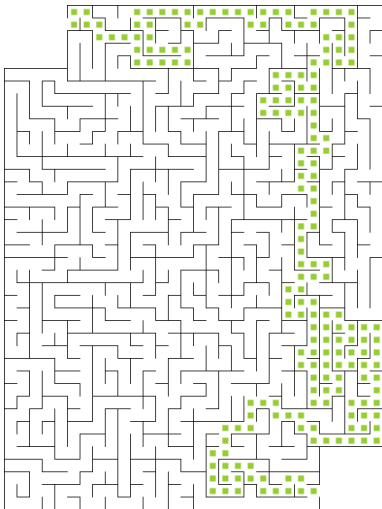
7	3	6	4	1	9	2	8	5
8	5	4	7	3	2	6	9	1
9	1	2	8	6	5	7	4	3
2	4	8	5	9	1	3	6	7
1	6	9	3	8	7	5	2	4
5	7	3	6	2	4	9	1	8
6	8	1	2	7	3	4	5	9
3	2	5	9	4	8	1	7	6
4	9	7	1	5	6	8	3	2

ANSWER KEY

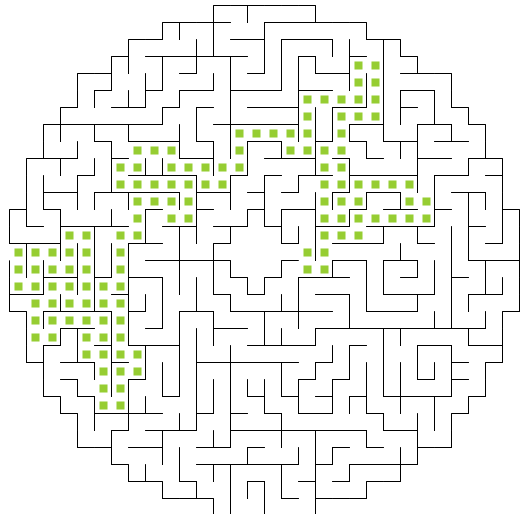
CROSS WORD # 01



MAZE # 01



MAZE # 02



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