

Mental Health and Self-Care Job Readiness Program Content

The Job Readiness Program includes sections that address mental health and self-care.

The mental health self-care resource handouts the program used are copywritten and could be referenced but not duplicated in the Toolkit. The presentation of these resources included demonstrations with live flute and singing bowl meditations. In addition, the mental health sections included a participant talking circle to identify stressors unique to the trans experience in various social settings and share strategies for coping in professional environments.

Handouts included:

- 1) Strategies for Mindfulness
 - a. Amazing Benefits of Flute Music for Meditation
<https://meditativemind.org/amazing-benefits-of-flute-music-for-meditation/>
 - b. The Healing Power of Sound for Meditation
<https://www.psychologytoday.com/us/blog/urban-survival/201907/the-healing-power-of-sound-as-meditation>
What is Mindfulness <https://www.therapistaid.com/therapy-worksheet/what-is-mindfulness>
- 2) Self-Care Assessment
 - a. Self-Care Assessment
<https://www.psychologytoday.com/us/blog/urban-survival/201907/the-healing-power-of-sound-as-meditation>
- 3) Social Support
 - a. Social Support <https://www.therapistaid.com/therapy-worksheet/social-support>
- 4) Communication Techniques in the Workplace
 - a. What are Personal Boundaries
<https://www.therapistaid.com/worksheets/boundaries-psychoeducation-printout>
 - b. Setting Boundaries <https://www.therapistaid.com/worksheets/setting-boundaries>