



Mental Health

Is Ours

These everyday practices helped people cope, rest, and connect, even when mental health wasn't named or widely discussed. This toolkit is about recognizing those experiences and building on them, alongside today's range of mental health resources.

The resources within this toolkit are for **all** Californians: People who are struggling, who feel "mostly fine" but stretched too far or feel overwhelmed, or who want simple, real ways to care for themselves and others.

A message for May Is Mental Health Month in California

Mental health is everywhere right now, but for many people, it may still feel confusing, brand-new, distant, or not meant for them.

For May Is Mental Health Month, simple truths inform the resources included within this toolkit: Mental health isn't new; it isn't owned by systems or professionals; and it isn't one-size-fits-all.

Many Californians have supported their mental well-being through culture, rituals, creativity, nature, community, and daily routines — often outside of formal systems of care.

This May, we invite you to pause and reflect:

- What helps you feel grounded or understood?
- How do you care for others — and yourself — perhaps without even realizing it?
- What may be practices or rituals from your background, culture, or faith that support pausing, reflection, and your overall well-being?

Mental health belongs to you.

To your community.

To all of us.

And it always has.



Redefining What Mental Health Means to You



A Reflection Worksheet

Our mental health is shaped by many things — what we were given, what we had to figure out on our own, and what we're still learning along the way.

This worksheet invites you to reflect, on your own or with others, on the ways care and healing have shown up in your life, even if they were never called “mental health” or “self-care.”

There are no right or wrong answers. Write, draw, or simply think.

How to Use This Page:

At the center of this worksheet is a tree. Think of it as a symbol for ourselves — what we receive and plant over time can influence what grows.

- **Roots** represent what helped shape you
- **The trunk** represents what holds you steady today
- **Branches and leaves** show how those practices show up in your life now
- **Water and sun** represent how you nurture yourself and your community

Water & Sun: How You Can Keep Nurturing Yourself

Nothing grows without care.

- What helps you rest?
- Who helps you feel supported?
- What kind of care do you wish there was more of — in your life or your community?

Branches & Leaves: Everyday Care

Caring for our mental health doesn't have to cost anything or be a big production, it can look like everyday actions that help us.

- Is there something that helps you feel more like yourself?
- What brings calm, comfort, or connection?
- What helps your body or mind slow down?

Trunk: How You Can Find Balance

The trunk is what holds everything up, and allows branches to grow.

- What helps you feel steady when life feels heavy?
- Where do you feel most understood or accepted?
- What helps you pause, breathe, or reset?

Roots: What Shaped You Early On

Roots can include support you had, support you didn't have, or lessons you learned by watching, surviving, or figuring things out on your own. Write or draw in your answers for the roots.

- What helped you get through hard times?
- What did you have to teach yourself early on?
- What lessons or actions still stay with you?