

A close-up photograph of a person's hand pressed against a window pane. The window is covered in numerous water droplets of varying sizes, suggesting it has rained. The background behind the window is dark and blurry, possibly showing a view of the outdoors. The overall mood is somber and contemplative.

MENTAL HEALTH CRISIS

# ASSIGNMENTS

ONLINE TRAINING

M E N T A L   H E A L T H   C R I S I S  
A S S I G N M E N T S

Welcome!

There are two parts to your assignment for this section on Mental Health Crisis.

There is space for you to write your reflections in this workbook, but you're welcome to copy the assignment tasks into your journal or onto your computer.

I suggest keeping a copy of the list of crisis support services with you at all times or somewhere in your yoga studio, so you have them on hand if you need them.

Once you have completed both the tasks in this section, please make sure that you tick the Mental Health Crisis checkbox on the Assignment Checklist page.

With gratitude,

A handwritten signature in black ink that reads "Lauren". The script is fluid and cursive, with a large initial 'L'.

M E N T A L   H E A L T H   C R I S I S  
A S S I G N M E N T S

**1. REFLECTIVE JOURNAL**

Remember a time when you cried, or felt anxious, overwhelmed or panicked, either in a yoga class or somewhere else in public. What was it like? How were you supported by the people around you? Was it helpful or unhelpful? How would you like to have been supported?

M E N T A L   H E A L T H   C R I S I S  
A S S I G N M E N T S

## **2. SELF DIRECTED PRACTICUM**

Write a list of crisis support services, including hospitals, mental health clinics, suicide prevention helplines and website and local emergency services. Take a look at [www.laurentober.com/crisis](http://www.laurentober.com/crisis) for inspiration.

T H A N K   Y O U

