

Mental Wellness Check-In Resources

Below are some resources for providers and staff for mental wellness check-ins with individuals you support. These are some suggested resources. Each provider should assess what resources and methods are appropriate for the individuals and services that are supported.

These resources are not mandated by GGRC.

Reading Materials

- [Mental Wellness for People with Intellectual or Developmental Disabilities](#) (2017). Minnesota Department of Human Services.
 - Lists of ideas and examples to promote mental wellness for people with intellectual or developmental disabilities.
- [Manage Stress and Anxiety during COVID-19](#) (2020). Center for Disease Control.
 - A guide from the CDC on how to manage stress and anxiety during this time, examples of how different people express stress and anxiety, and how to cope during COVID-19.

Videos and online training

- [Mental Health Wellness for individuals with Intellectual and Developmental Disabilities](#) (2020). Texas Health and Human Services.
 - A variety of trainings (free and paid for CEU) for support providers and caregivers who support individuals with intellectual and developmental disabilities.

Other ideas

- Staff helps with individuals to video call friends, family, and/or anyone they have a positive relationship with that they cannot see at this time.

- Drink plenty of water!
- Turn off the news and turn on something positive. This can include watching animal videos, Google “good news” and positivity, etc.
- Incorporate calming music throughout the day.
- Mix it up! Change the activities every day so that individuals and staff can look forward to engage in something new daily.
- Watch happy movies and TV shows.
- Meditate or practice mindfulness.
- Create lists that can be checked off for both staff and individuals to help feel a sense of accomplishment.
- Ensure that individuals can leave the house and get fresh air daily if possible.
- Exercise or move throughout the day.
- Eat balanced meals.
- Keep a daily schedule throughout the day to keep structure for individuals and staff.
- Practice deep breathing and coping skills throughout the day (even when everyone is in a “calm place”).
- Maintain hygiene and practice self-care (group face masks, new hair styles that can be done in the home, etc).