

Mastering Mental Health Guide

This checklist was developed by a survivor to be used to help identify your strong and weak areas in order to better manage your whole mental well-being. The more checks you have, the stronger you most likely will become. Many times a situation will trigger or threaten our mental well-being. Take heed to the list below of possible triggers to depression for yourself and others.

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| 1. Anniversaries | 4. Being Alone |
| 2. Holidays | 5. Physical Illness |
| 3. Divorce | 6. Loss (Death, Employment, Material Possessions) |

Spiritual – Develop Internal Values; Find a Sense of Meaning

- ✓ Attend a church of your choice.
- ✓ Volunteer for a cause you believe in.
- ✓ Listen to spiritually uplifting music.
- ✓ Spend time with friends who affirm and uplift you.
- ✓ Learn a new scripture promise or positive quote.
- ✓ Mediate your scripture promise or positive quote.
- ✓ Pray every day.
- ✓ Quote scripture promises or positive quotes.

Emotional –Build Confidence

- ✓ Hug yourself; Hug a Friend.
- ✓ Look in the mirror & say, “God Loves Me! I Love Me!”
- ✓ Find five things for which you are thankful.
- ✓ Ask yourself: “Is my troubling thought really true?”
- ✓ Reach out to a friend.
- ✓ Write in a journal.
- ✓ Plan something fun and write it on your calendar.
- ✓ Close your eyes and be aware of your five senses.
- ✓ Play a musical instrument.
- ✓ Play with a pet.

Physical – Maintain an Easygoing Disposition

- ✓ Exercise at least 30 minutes a day.
- ✓ Take short mini-walks throughout the day.
- ✓ Eat healthy foods every day (fruit, vegetables, nuts)
- ✓ Keep a log of where you have physical pain and associate it with your feelings.
- ✓ Drink water; avoid caffeine, sugar, junk food, alcohol
- ✓ Get exposure to outdoor light.
- ✓ Go to bed by 10:00 p.m.
- ✓ Do housework.
- ✓ Take a bubble bath/hot tub.

Social – Connect to Caring Relationships

- ✓ Make friends with an elderly person.
- ✓ Take short travel trips near your home.
- ✓ Make a new friend.
- ✓ Avoid friends who bring negative influences.
- ✓ Call a friend.
- ✓ Make dinner for a friend.
- ✓ Walk at the mall or in the park, smile at people.
- ✓ Join a special interest group.

Intellectual – Develop Cognitive Skills

- ✓ Learn something “outside of the box.”
- ✓ Start a new hobby.
- ✓ Set a five year goal.
- ✓ Recognize your mistakes and learn from them.

- ✓ Finish something that you started.
- ✓ Read a book.
- ✓ Modify a recipe to your liking.
- ✓ Visit a library or museum.
- ✓ Write a letter to a friend.

This guide is not a modification or a replacement to your professional treatment. If you have a mental illness or any of the following symptoms for a pro-longed period, please seek professional help or call 2-1-1.

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| 1. Marked personality change | 5. Marked changes in eating habits |
| 2. Feeling very fragile, anxious, depressed | 6. Excessive anger or hostility |
| 3. Marked changes in sleeping patterns | 7. Substance or alcohol abuse |
| 4. Thinking or talking about suicide | |



Many people express feelings of loneliness and isolation. They often feel deserted by family and friends. It is important to develop a support network. Ask others if they will be a support for you. Ask them to sign the pledge below and then contact them if you need to talk.

I pledge to be a part of _____'s support system and be a friend when called upon, Friends text, talk, or are available in person.

NAME	PHONE
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

You should also pay attention to the needs of others. Renew contact with old friends and acquaintances and make new friends. Be there for them when they need you. Develop your list below.

I pledge to be a friend when called upon to the following individuals. Remember – friends text, talk, or are available in person.

NAME	PHONE
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

