



Mental Health Tips

- **Take care of your physical health; diet, exercise, 7-8 hours a sleep each night.**
- **Have a self-care plan.**
- **Don't believe everything you think! Your thoughts are just thoughts, not truths.**
- **Practice mindfulness.**
- **Reframe negative thoughts with a positive spin.**
- **Practice gratitude. Write three things you're grateful for each day.**
- **Journal your thoughts.**
- **Set realistic and clear goals.**
- **Ask for help when you need it and work with a therapist.**
- **Value yourself – treat yourself with kindness and respect and avoid self-criticism**
- **Connect with others**
- **Identify and use your strengths**
- **Cut back on alcohol & other drugs**
- **Seek out balance in your life – work, family, friends, etc.**

SOURCE: Maximize Wellness Counseling & Coaching, LLC. & The Madison Area
YMCA's Community Mental Health Initiative

