



## STRESS

Stress is a natural part of life. There is positive and negative stress. Managing the negative stress will have a direct impact on your mental health. Ask yourself, "Will my worries change the outcome of this problem?"

## PEACE

What brings you peace? What do you find comfort in? Be purposeful in making sure peaceful moments are a part of every day.

## WELLNESS

What do you enjoy doing? Making time for your physical health will impact your mental health. Activities like eating right, taking a walk, meditating, enjoying time with friends and family, make a difference.

## SUPPORT

No one can do everything alone! A support system is key to mental health wellness. Seek help if you need it. Mental health is just as important as our physical health.

# MENTAL HEALTH



## GRATITUDE

Concentrating on the positive in your life can help your state of mind. Appreciate, and be grateful, for even the smallest things.

## BOUNDARIES

Set boundaries. You are only responsible for your own wants and needs. Learn to say, "No," when you are uncomfortable or overwhelmed. Make sure you are not the only giver.

## PRIORITY

Make yourself a priority. You cannot help others or yourself if you are not prioritizing yourself. You cannot pour from an empty bucket.

## DREAMS

You are allowed to follow your own dreams. What do you need to make your dreams a reality?

**Call or text 988 if you need someone to talk to**



KY-SPIN

**STRESS**

**PEACE**

**SUPPORT**

**WELLNESS**

**GRATITUDE**

**BOUNDARIES**

**MY MENTAL HEALTH PLAN**



**PRIORITY**

**DREAMS**

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