



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.

GRATITUDE

Concentrating on the positive in your
life can help your state of mind.

Appreciate, and be grateful, for even
the smallest things.

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.

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.

MENTAL HEALTH



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**



STRESS

PEACE

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**MY
MENTAL
HEALTH
PLAN**

BOUNDARIES

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