Healthy State of Mind

Five Tools for Living Life Well

1. Stay Positive
2. Help Others
3. Create Joy and Satisfaction
4. Get Professional Help If You Need It
5. Indulge

Mental Health America, 2009
Stay Positive

If you want to pump up your optimism you might:

1. Write about a positive future. The idea is to envision your goals and dreams coming true.
   OR

2. Search for the silver lining. Looking for the positive in a negative situation may sound sappy, but it can actually show great strength.

Mental Health America, 2009
Help Others

Consider Some Recent Research:

1. Students who performed five acts of kindness a day increased their self-perceived happiness.
2. Providing emotional support to others significantly decreased the harmful health effects of certain kinds of stress among older adults.
3. People who donated money to charity got a boost in a feel-good part of the brain, as revealed in brain imaging research.

Mental Health America, 2009
Create Joy & Satisfaction

It’s time to pencil in a little pleasure:

Ways to Create Joy and Satisfaction:

1. Strengthen your funny bone - It’s hard to be irritated or glum when you’re rolling in laughter. Gentle humor can also help to defuse a tense situation.

2. Find Some Fun - Leisure can combat stress by offering:
   • Social support
   • Changes to build confidence
   • Distractions from difficulties
   • An emotional lift

Mental Health America, 2009
Get Help If You Need It

You don’t need to be in a crisis to seek help.

A Mental Health Professional Can Help You:
• Come up with plans for solving problems
• Feel stronger in the face of challenges
• Change behaviors that hold you back
• Look at ways of thinking that affect how you feel
• Heal pains in your past
• Figure out your goals
• Build self-confidence

Mental Health America, 2009
Indulge

We all need some kind of relaxing refuge.

Consider these options:
1. Therapeutic Massage – A massage can relieve muscle tension, stimulate the body’s natural painkillers and boost your immune system.
2. Meditation or a meditative form of exercise: Try tai chi or qi gong, which uses soothing flowing motions
3. A Natural Break – Walking or jogging in nature calms our nerves and relieves mental fatigue.

Mental Health America, 2009