

Mental Wellness Tips At A Glance



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MENTAL WELLNESS IS NOT MAINTAINED AUTOMATICALLY.

Whether **you have no mental illness**, but live a balancing act of work, family, community, and self,

OR

you care about someone who lives with a mental illness, and you'd like to understand more about how to be a good support to them when their symptoms flare,

these at a glance tips can help you maintain mental wellness in yourself, and support wellness in the lives of those around you.



Quick Mental Health Tips for

<i>Coping</i>	<i>Helping</i>	<i>Learning</i>
*Inhale for 10 - whistle softly as you exhale	-Pray	-Don't make assumptions
*Eat a healthy snack	-Ask what would be helpful right now	-Remember that this person is an individual
*Drink a glass of water	-Don't try to rescue	-Remember that we are all works in progress
*Take a walk, outside if possible	-Check in often in non-intrusive ways	-Listen more than you talk
*Connect to the present: What are 3 things that you see? 3 things that you hear? 3 ways that you can move your body right now?	-Say, "You matter to me"	-Read up
*Reach out to someone - text or call	-Recognize FIGHT, FLIGHT, or FREEZE responses	-Ask if they would like to share about what their experience has been like; listen without judgement
*Stretch your limbs	-Pay attention to their insights about how they are feeling and why	-Ask, "How can I best support you?"
*Make a written list of things that concern you	-Listen reflectively	-Pray for wisdom
*Read aloud a positive affirmation (e.g. "My life matters," or "I will not always feel this way.")	-Offer to create something together	
*Create something	-Encourage healthy snacks, hydration, gentle exercise, and sleep hygiene	
	-Listen without judgement	

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