



ACTION STEPS FOR WELLNESS

10 action steps for mental wellness



1. Find your purpose and passion(s) in life. Plan for doing things you enjoy and look forward to. Write down a "bucket list."
2. Be with or connect to family and friends by phone, e-mail, or social media.
3. Focus on the positive as much as possible. Search for the silver linings in situations. Practice gratitude. Work on resisting worrisome thoughts and be kind to yourself.
4. When you are in a stressful situation, take control. Think before you speak. Take a few deep breaths or look for humor to break up the tension.
5. Be assertive with your wants and needs without putting other people down.
6. Be willing to compromise or agree to disagree.
7. Get physically active to boost your mood, manage stress, and reduce anxiety and depression.
8. Take regular breaks to walk, stretch, and calm your mind.
9. Forgive yourself for mistakes. Learn from them.
10. Take satisfaction in what you accomplish, rather than dwell on your shortcomings.