




Adult Pledge for Mental Health:

Take the **PAWESOME** Pledge for Mental Health!

I PLEDGE TO:

-  Take care of my mental health everyday
-  Find time to check-in on how I'm feeling, and remind myself I deserve to practice self-care
-  Complete my **Adult Mental Health Plan** and use it when my mental health needs attention

Name:



PAWS UP
for mental health





MENTAL HEALTH PLAN For Adults

How to know if I feel sad, mad, or worried

- Eating less or more
- Trouble sleeping or staying asleep
- Arguing more
- Crying easily
- Feeling tired or bored with things you like
- Wanting to be alone a lot
- Acting impulsively
- Feeling nervous/stressed

Places to go

- Library
- Park
- Grocery Store
- Gym
- Coffee Shop
- Community Center
- Faith-based Community

Things I can do with others to make me feel better

- Play board games
- Play a sport
- Go for a walk or hike
- Go to the store
- Watch a movie
- Go to lunch
- Dance and sing
- Tell jokes

Things I can do to take care of my mental health

- Listen to music
- Breathe slowly
- Practice mindfulness or meditation
- Play a game
- Garden
- Read a book
- Sew or knit
- Play with pet
- Exercise
- Build something



Self-Care Strategies

If the above strategies aren't working Ask yourself... Am I...?

- Drinking water?
- Eating nutritious meals?
- Getting enough sleep?

Take care of yourself by building these habits in your life

- Stay hydrated and well fed
 - Drink water
 - Make time for 3 meals a day
 - Eat a balanced diet
- Organize my space
 - Make my bed
 - Throw away garbage and clutter
 - Find a home for things
- Sleep hygiene
 - Aim for 8 hrs of sleep per night
 - Set a consistent sleep schedule
 - Reduce screen time
- Make time for relationships & friendships
 - Call someone for a momentary distraction from my worries or problems
 - Spend time with people who brighten my mood
 - Spend time in places that reduce my stress

Other habits I can add to my life:



If experiencing a mental health crisis,
Call or text 988 or CHAT
www.988lifeline.org

Find national resources here:

www.preventsuicidect.org
www.gizmo4mentalhealth.org

