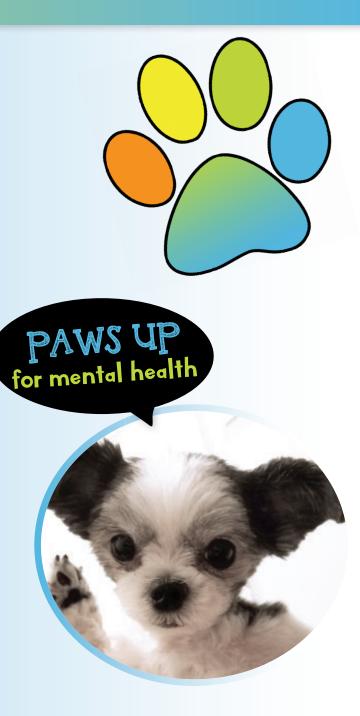
Adult Pledge for Mental Health:

Take the PAWESOME Pledge for Mental Health!



Y 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:

Mental Health Plan For Aduks

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

Places to go

- 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**

- 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 mindlfulness or meditation
- Play a game
- Garden
- Read a book
- Sew or knit
- Play with pet
- **Exercise**
- Build something



www.gizmo4mentalhealth.org

Self-Care Strategies

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

- Drinking water?
- **Eating nutritous 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



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

Other habits I can add to my life:

Find national resources here:

www.preventsuicidect.org www.gizmo4mentalhealth.org

