

12 Commandments of Good Mental Health

1.

You are worth it; make yourself a priority.

2.

It's okay to ask for help.

3.

Nurture & protect YOUR spirit.

4.

Know your limits; set healthy boundaries.

5.

Commit to fun & relaxing activities.

6.

Trust the healing process; it takes time, support & work

7.

Good mental health is essential to you overall well-being.

8.

Research and reach out to mental health resources.

9.

You deserve to feel well.

10.

Acknowledge your feelings, thoughts & experiences.

11.

Recognize & journal your mood changes.

12.

Know your family's mental health history.

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