CALIFORNIA BLACK WOMEN'S HEALTH PROJECT

12 Commandments of Good Mental Health

1. You deserve to feel well.
2. You are worth it; make yourself a priority.
3. It's okay to ask for help.
4. Nurture & protect your spirit.
5. Know your limits; set healthy boundaries.
6. Trust the healing process; it takes time, support & work.
7. Commit to fun & relaxing activities.
8. Research & reach out to mental health resources.
9. Recognize & journal your mood changes.
10. Good mental health is essential to your overall well-being.
11. Acknowledge your feelings, thoughts & emotions.
12. Know your family's mental health history.

California Black Women's Health Project
www.cabwhp.org

CABWHP.ORG | (310) 412-1828 | WELLWOMAN@CABWHP.ORG

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