

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 your 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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