

# 12 Commandments of Good Mental Health

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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.**



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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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