



YOUR
MENTAL
WELLNESS
PLAN

Take
Action

FOR MENTAL HEALTH

“PLAN
FOR
WHAT IS HARD,
WHILE IT'S
EASY”

- SUN TZU -

Creating a Mental Wellness Plan is an important part of supporting your well-being. It is a written plan of action for how you can best take care of yourself. Use your plan to support and protect your mental health needs. Keep track of the types of self-care and support that work best for you. When you're having a hard day, **the plan will remind you of the next steps to take to restore your mental wellness.**

1. Recognize Your Signs of Stress

We all respond in different ways when stressed, anxious, or triggered. You may have certain behaviors or other warning signs that signal it's time to pay more attention to your mental health.

Examples of how we respond to stress can range, and some responses may warrant additional support or help. You may bite your nails, feel butterflies in your stomach, or have trouble sleeping; these may be temporary and some simple exercises can help you feel calm in control. Other stress responses such as using alcohol or drugs more often, feeling out of control of your emotions, staying in bed

all day, or thinking about hurting yourself may require seeking help or support.

What are your personal warning signs that you need to take action to keep things from getting worse?





2. Identify Your Stress Factors

Think about times in your life you've been stressed, sad, anxious, frustrated, angry, or hopeless. When you understand which situations are likely to have a negative impact on you, you can prepare yourself to handle them if they arise.

Some examples of these negative factors might be not getting enough sleep, forgetting to take your medication, being around certain friends or family members, seeing certain things on social media, feeling pressure at work or school, or arriving at an anniversary date or place that reminds you of a traumatic event.

What are some of your personal stress factors or situations?

Identifying them and naming emotions you feel with them can help you avoid them or be prepared if they happen again.



3. Get Ready For Self-Care

Self-care means taking care of yourself and ensuring you recharge to support your overall well-being. Make a list of activities you can practice daily or use when you spot your personal warning signs.

Some examples of self-care might be connecting with a good friend, listening to music, taking a walk, practicing deep breathing exercises, getting enough sleep, creatively expressing yourself, or whatever it is that makes you feel more relaxed. Take a look at our [list of self-care tips](http://www.TakeAction4MH.com/Resources/Mental-Health-Self-Care-Tips/) for ideas. (www.TakeAction4MH.com/Resources/Mental-Health-Self-Care-Tips/)

What are your top ten self-care activities? (Get as specific as possible.)

4. Gather Your Personal Support Network

Personal support from other people can help you. Think about who you can check-in with to talk, ask for help, and get support when you feel stressed, anxious, or overwhelmed. This might include family, friends, community leaders, a peer supporter, therapist, or spiritual or faith leader. Make a list with their contact information so you can reach them when needed.

Who can you call on for personal support and how can you reach them?

NAME

CONTACT INFO

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



5. Line Up Professional Support

You might benefit from talking with a trained mental health professional, either to prevent a crisis or for help getting through one. Hotlines and warmlines provide important support around the clock by phone or text. Having contact information at the ready may make all the difference when you feel like you need to talk to someone right away.

If you already have a doctor and/or therapist, include their information here. If you don't, now is the time to identify which providers are available in your community and through your insurance.

See the [Take Action for Mental Health](http://www.TakeAction4MH.com/Find-Help-Now/) website (www.TakeAction4MH.com/Find-Help-Now/) for local services and other support lines.

You may want to create a [Psychiatric Advance Directive \(PAD\)](http://www.NRC-PAD.org/States/California/) (www.NRC-PAD.org/States/California/).

This is a legal document that details your preferences for future mental health treatment, and names a person (called a PAD Agent) to make decisions for you if you are in crisis and unable to do so.



Who can you call when you need professional support?

Make sure to save these numbers in your phone, or take a picture of this page, to ensure you always have them available.

NAME	PHONE/TEXT	OTHER CONTACT
988 Suicide and Crisis Lifeline	988 or 1-800-273-8255	988Lifeline.org
California Peer-Run Warm Line	1-855-845-7415	MentalHealthSF.org/ Peer-Run-Warmline
CalHOPE Connect Chat		CalHopeConnect.org
Crisis Text Line	Text HOME to 741741	CrisisTextLine.org

Doctor

Therapist

PAD Agent (if any)

Other

Other

Other



Once you have created your Mental Wellness Plan, **keep it handy, refer to it regularly, and update it with new information and insights.** If you feel comfortable, you can share it with your chosen support system. They can help you recognize your mental health warning signs and encourage you to follow your plan for wellness.

PREPARE YOUR

MENTAL WELLNESS

PLAN NOW,
SO IT'S

THERE FOR YOU
WHEN YOU NEED IT!

TAKE ACTION

FOR MENTAL HEALTH

CHECK IN

LEARN MORE

GET SUPPORT

Take Action at www.TakeAction4MH.com
Connect on social media [@TakeAction4MH](https://www.instagram.com/TakeAction4MH)



Funded by counties through the voter-approved Mental Health Services Act (Prop 63)