What else can you do to nurture your Emotional Wellness?
Write ideas down here:

◊ ______________________________
◊ ______________________________
◊ ______________________________
◊ ______________________________
◊ ______________________________
◊ ______________________________

Please take three of these brochures:

1. Keep one
2. Give one away
3. Leave one somewhere for someone else (like in a waiting room or office)

REMEMBER: Talk about the Emotional Dimension of Wellness at your Local Collaborative/club/meeting/group/family gathering

For more information about the Behavioral Health Planning Council:
http://www.bhc.state.nm.us/BHPC/BHPC.html
◊ Change negatives to positives
  
  _I never accomplish anything_ ⇒ _I've accomplished many things in my life already_

◊ Stick it on your mirror—I'm a good person & I deserve to be happy

◊ Get out into the sunlight for half an hour a day

◊ Bake biscuitos and give them away

◊ Give blood; feed a baby

◊ Write lists—of achievements/accomplishments/little ones & large ones

◊ Walk

◊ Talk to someone each morning

◊ Pet your pets; play with them

◊ Do something you enjoy every day

◊ Volunteer—give back to the community

◊ Care for others—plants, special people, animals

◊ Be flexible—practice it

◊ Look ahead and remove the hurdles/plan how to go over bridges

◊ Join a Subcommittee; join a Clubhouse or group

◊ Follow your passions

◊ Make things—art or music

◊ Follow your breath; use conscious breathing

◊ Name your emotions

◊ Pick up cans, smash them and go to the recycling place on Railroad Avenue and get the money to buy whatever I want

◊ Know that when I get to the Drop-in Center there will always be someone there who knows my name and greets me with a smile and a hot cup of coffee.

◊ Deposit positive experiences in your mental bank account

◊ Use the Mona Lisa Smile

◊ Find an environment where it's safe to experience and express

◊ Have a daily and weekly schedule

◊ Help your local school

◊ Do things that make you happy; make a list of them; do a WRAP

◊ Practice acceptance, withdrawing judgement

◊ Take care of your body, your asthma, your physical conditions

◊ Build your spiritual connections

◊ Teach your primary care provider about emotional wellness

◊ Learn distress tolerance skills

◊ Contribute to others

◊ Learn what ‘balance’ means for you

◊ Wherever you go, remember that's where you are

◊ Know that this too will pass

◊ Find a new way to contribute to others

◊ Remember to have fun!

◊ Show gratitude; make a gratitude list

◊ Forgive yourself and others

◊ Practice meditation or mindfulness

◊ Be present, wherever you are

◊ Feed our dogs and walk them in the park where there are other dogs and good looking girls

◊ Make a phone call to a friend in your hometown

◊ Spend time with someone else who's looking for Hope