

Lift Me Strategy

A GUIDE TO BRIGHTER MENTAL HEALTH DAYS

By Joannie Yeh MD @ Betamomma.com

Stay Lifted - Everyday habits to **maintain my wellness** and strengthen my brain

1. Gratitude - write down three unique things you are grateful for
2. Exercise - even 1 minute of jumping jacks or a 5 second plank EVERYDAY is all it takes to get a good habit started and will make a difference in the way you think too
3. Eating healthy - make small changes and keep them up
4. _____
5. _____

I Lift Me - Things I can do myself **when I'm not feeling well**, having a panic attack, having negative thoughts that interfere with things I want to or need to do, or starting to have thoughts of harming myself

1. Something I can do such as listen to music, read, color, draw, go for a walk:

2. Somewhere I can go such as the mall, the park, just outside:

Someone Lift Me - Find **help from my village/circle** when none of the strategies I have tried on my own are working to make me feel better.

1. Someone who can distract me such as a pet, a silly sibling or a goofy friend:

2. Someone I can talk to such as a family member, teacher, or friend:

3. My doctor: _____; My therapist: _____

LIFT ME NOW! - **Help!** Because none of the things above are working AND/OR I have a plan to hurt myself AND/OR I just know that I need help now

Call 1-800-273-TALK (8255) or text HOME to 741741

Or, go to my nearest ER or ask a family member to take me

Or, call 911