



Being Proactive of Your Mental Health in Order to be Prepared to React in Crisis

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When it comes to our physical health, doctors are quick to offer preventative tips like eat nutrient dense foods, exercise regularly, avoid smoking, and live a well-balanced lifestyle. When it comes to our mental health, it can feel like the most readily available advice is *reactionary*—what to do when you are struggling. But like our physical health, a proactive approach to mental health is best for our overall wellbeing.

PREVENTION

Our approach to mental health should focus on **PREVENTION**, not just intervention. Like our physical health, many mental health conditions tend to get worse when not treated or addressed. Underlying issues might seem small at first, but they compound over time.

For example, individuals with depression are more likely to isolate and lose a desire to do things that would help combat depression, such as spending time outside, connecting with others or eating healthy. Lack of connection or attention to physical health can increase feelings of loneliness and low self-esteem—compounding depressive episodes.

By preventively addressing current needs and root causes, rather than intervening and ‘band-aiding’ symptoms amidst a crisis. This approach leverages full innate strengths, instills a sense of ownership and control over your own situation, and positively impacts overall well-being—both mental and physical.

10 PROACTIVE MENTAL HEALTH TIPS

1. **PRIORITIZE YOUR HEALTH—PHYSICAL, EMOTIONAL, SPIRITUAL, RELATIONAL**
2. **CONNECT WITH POSITIVE AND SUPPORTIVE PEOPLE DAILY**
3. **ESTABLISH HEALTHY ROUTINES**
4. **INVEST IN ORGANIZATION STYLES THAT WORK FOR YOU**
5. **TAKE INVENTORY OF HOW YOU FEEL**
6. **LEARN A NEW SKILL**
7. **LIMIT SOCIAL MEDIA**
8. **CRAFT A VISION BOARD, SELF-CARE TOOLKIT, OR CRISIS PLAN**
9. **SET SMART GOALS**
 - Specific, Measurable, Achievable, Relevant, and Time-Bound
10. **UTILIZE THERAPY AND MENTAL HEALTH SUPPORT**

WEDGWOOD IS HERE TO HELP!

Visit www.wedgwood.org/tipsheets for more expert-curated tips and tools!

The time to address our mental health is when things are going well, when in a more steady or neutral headspace, it's more manageable to positively strengthen your mindset. Mental health crises and emergencies are difficult to predict and can occur even when we have a sense of stability. Do more than being reactive—take control of your next steps.