




A Mental Health Handbook

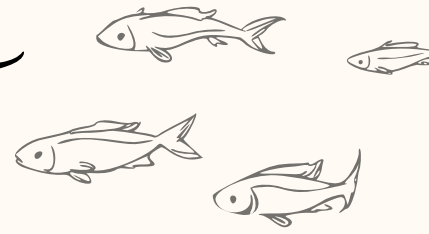
including

- MEDICATION LOG
- DAILY PLANNER
- WEEKLY PLANNER
- MONTHLY PLANNER
- MENTAL HEALTH TREATMENTS
- SUPPORT SYSTEM IDENTIFIER
- TRIGGER TRACKER
- SLEEP HYGIENE GUIDE
- CBT OVERVIEW
- MENTAL HEALTH MISCONCEPTIONS
- & MORE



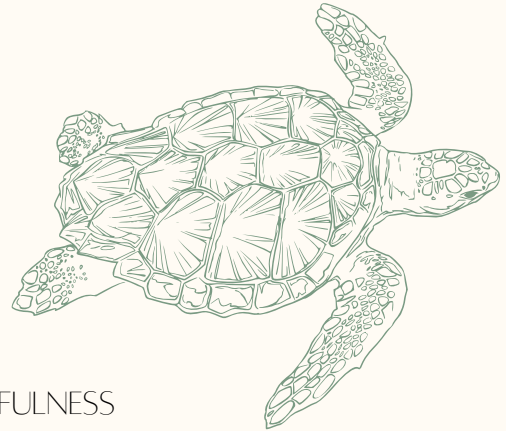
“Until you make the unconscious conscious, it will direct your life and you will call it fate.”
Carl Jung

Mental Health treatments

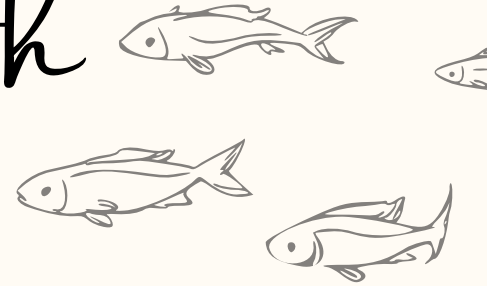


WHAT TREATMENTS HAVE YOU TRIED?

- | | |
|--|---|
| <input type="checkbox"/> ACCEPTANCE AND COMMITMENT THERAPY | |
| <input type="checkbox"/> COGNITIVE BEHAVIORAL THERAPY | |
| <input type="checkbox"/> DIALECTICAL BEHAVIORAL THERAPY | |
| <input type="checkbox"/> EXPOSURE THERAPY | |
| <input type="checkbox"/> ART THERAPY | <input type="checkbox"/> MINDFULNESS |
| <input type="checkbox"/> EXERCISE | <input type="checkbox"/> BUILDING SELF ESTEEM |
| <input type="checkbox"/> MEDICATION | <input type="checkbox"/> STRUCTURED PROBLEM SOLVING |
| <input type="checkbox"/> SUPPLEMENTS | <input type="checkbox"/> SELF MEDICATING |
| <input type="checkbox"/> SUPPORT GROUPS | <input type="checkbox"/> _____ |
| <input type="checkbox"/> JOURNALING | <input type="checkbox"/> _____ |
| <input type="checkbox"/> DIET ADJUSTMENTS | <input type="checkbox"/> _____ |
| <input type="checkbox"/> BREATHING TECHNIQUES | <input type="checkbox"/> _____ |
| <input type="checkbox"/> READING BOOKS | <input type="checkbox"/> _____ |

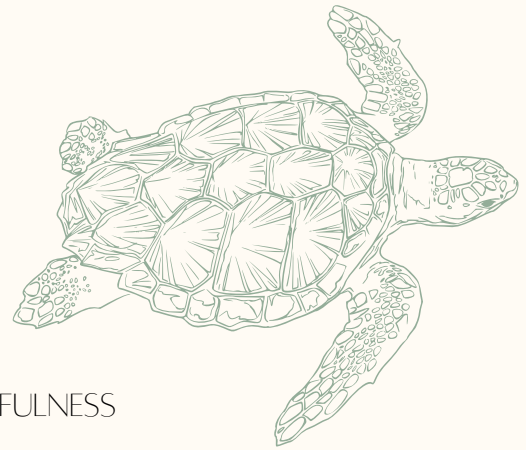


Mental Health treatments



WHAT TREATMENTS DO YOU WANT TO TRY?

- ACCEPTANCE AND COMMITMENT THERAPY
- COGNITIVE BEHAVIORAL THERAPY
- DIALECTICAL BEHAVIORAL THERAPY
- EXPOSURE THERAPY
- ART THERAPY
- EXERCISE
- MEDICATION
- SUPPLEMENTS
- SUPPORT GROUPS
- JOURNALING
- DIET ADJUSTMENTS
- BREATHING TECHNIQUES
- READING BOOKS



- MINDFULNESS
- BUILDING SELF ESTEEM
- STRUCTURED PROBLEM SOLVING
- SELF MEDICATING
- _____
- _____
- _____
- _____
- _____

Daily Planner

DATE _____

S M T W T F S

TO DO

- _____
- _____
- _____
- _____


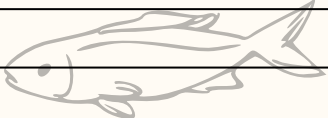

FOOD

- breakfast* _____
- lunch* _____
- dinner* _____
- snacks* _____
- total* _____

WATER

- glasses*
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SCHEDULE

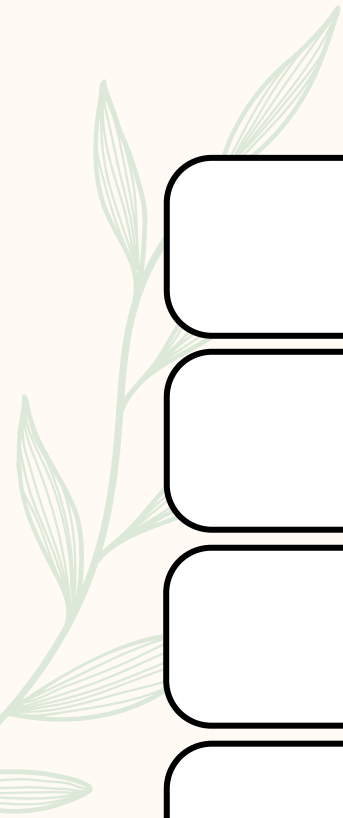
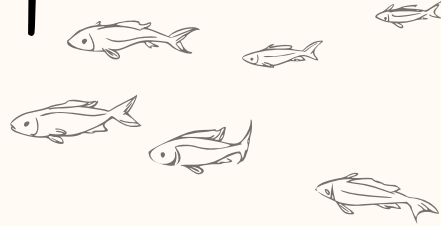
- 6:00 _____
- 7:00 _____
- 8:00 _____
- 9:00 _____
- 10:00 _____ 
- 11:00 _____
- 12:00 _____
- 1:00 _____ 
- 2:00 _____ 
- 3:00 _____
- 4:00 _____
- 5:00 _____
- 6:00 _____
- 7:00 _____
- 8:00 _____
- 9:00 _____
- 10:00 _____

Daily Reflection

Weekly Planner

MONTH _____

WEEK 1 2 3 4



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

MONTHLY CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
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Notes

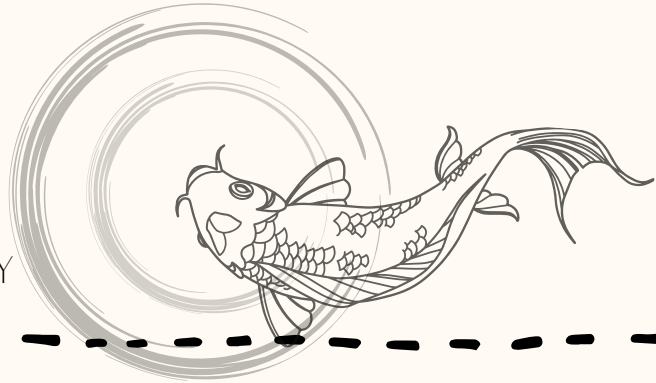
Sleep Hygiene



- **ADDRESS YOUR CAFFEINE:** TRY TO EITHER REDUCE, ELIMINATE, OR CUT YOURSELF OFF EARLIER IN THE DAY.
- **NICOTINE:** TRY TO EITHER REDUCE, ELIMINATE, OR CUT YOURSELF OFF EARLIER IN THE DAY.
- **ALCOHOL:** ALCOHOL IS A SEDATIVE, SO IT DOES HELP US FALL ASLEEP. BUT, IT'S REALLY NOT A GOOD THING FOR YOUR OVERALL SLEEP QUALITY.
- **MARIJUANA:** IT FRAGMENTS YOUR SLEEP CYCLES, PREVENTING YOU FROM GETTING DEEP RESTORATIVE SLEEP THAT IS REALLY IMPORTANT FOR YOU TO FUNCTION AT YOUR BEST.
- **TEACH YOUR BRAIN WHERE YOU SLEEP:** WHEREVER YOU LAY DOWN TO SLEEP, MAKE SURE THAT'S THE ONLY THING YOU DO THERE SO YOU BUILD THE ASSOCIATION (SEX IS THE ONLY EXCEPTION).
- **MAKE A ROUTINE:** IF YOU WANT TO BUILD ON THAT ASSOCIATION YOU CAN MAKE A ROUTINE BEFORE YOU GO TO SLEEP. YOUR BRAIN WILL LEARN THE ROUTINE AND WILL UNDERSTAND THAT IT IS TIME TO PREPARE FOR SLEEP.
- **GET RID OF DISTRACTIONS:** TRY TO REDUCE LOUD NOISES, BRIGHT LIGHTS OR OTHER STIMULATING/DISTRACTING THINGS WHERE YOU SLEEP.
- **LIMIT NAPPING:** STICKING TO LESS THAN 90 MINUTES IS USUALLY BEST.
- **SLEEP IN A COOL TEMPERATURE:** 60-65F OR 15-19C WILL HELP YOUR BODY FALL ASLEEP QUICKER AND GET TO THE IDEAL TEMPERATURE FOR RESTORATION
- **EXERCISE:** DO EXERCISE, BUT BE DONE 1-2 HOURS BEFORE SLEEPING.
- **DO SOMETHING TO RELAX IN THE EVENING;** A WARM BATH, SHOWER, FOOT SOAK, ETC.
- **USE MELATONIN AS NEEDED**

CBT

COGNITIVE BEHAVIORAL THERAPY



COGNITIVE BEHAVIORAL THERAPY IS THE PRACTICE OF
CHANGING UNWANTED THOUGHTS.

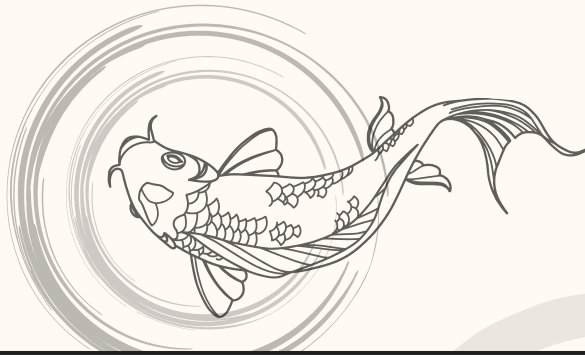
THE CBT MODEL IS ONE OF THE MOST EFFECTIVE WAYS TO
IMPROVE SYMPTOMS FOR NUMEROUS MENTAL HEALTH
DISORDERS. OFTEN TIMES OUR THOUGHTS BEGIN A CYCLE
THAT IS HARD TO ESCAPE. THE UNDERLYING PRINCIPLE OF
CBT IS THAT THOUGHT PATTERNS ARE LEARNED, AND
THEREFORE CAN BE UNLEARNED.

- FILL OUT THE CBT MODEL WHEN YOU NOTICE ANY UNWANTED THOUGHT OR FEELING
- LOOK BACK AT WHAT YOU WRITE DOWN
- IDENTIFY COMMON THOUGHT PATTERNS (IT MAY TAKE A FEW TIMES TO SEE THEM)



CBT Model

COGNITIVE BEHAVIORAL THERAPY



SITUATION

THOUGHT

EMOTION

BEHAVIOR

BODY SENSATIONS

REFLECT ON THE SITUATION AND WHAT TRANSPIRED



Today I am Thankful For

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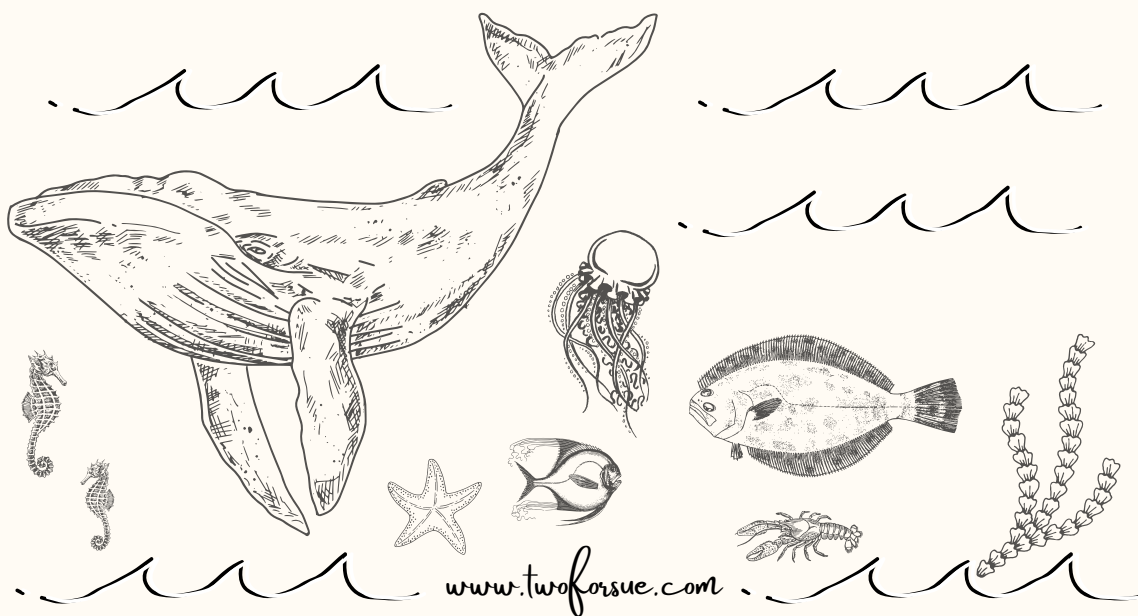
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Support System



WHO ARE SAFE PEOPLE YOU CAN CONTACT WHEN NEEDED?

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Mental Health Misconceptions

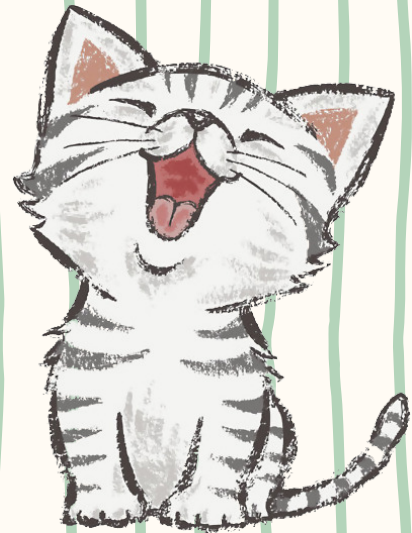
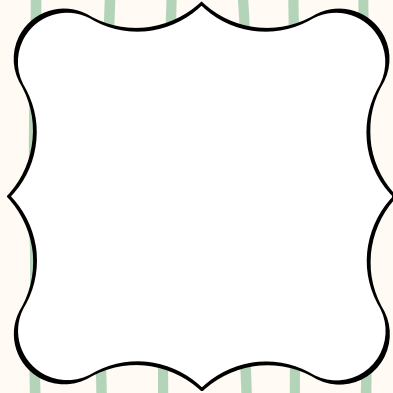
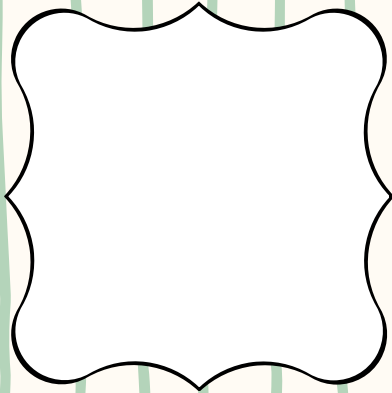
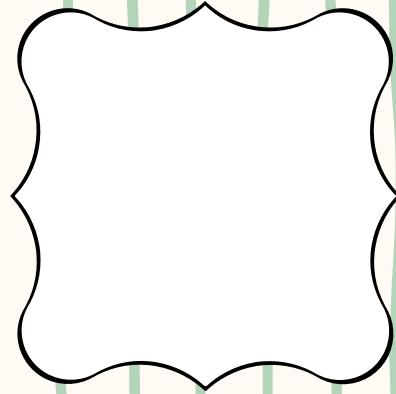
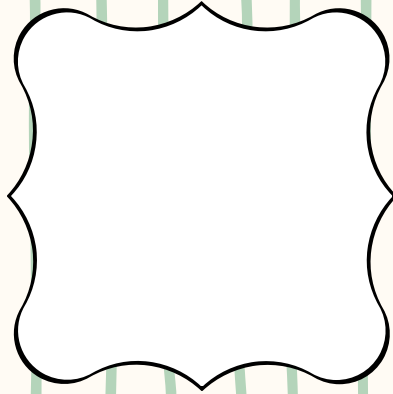
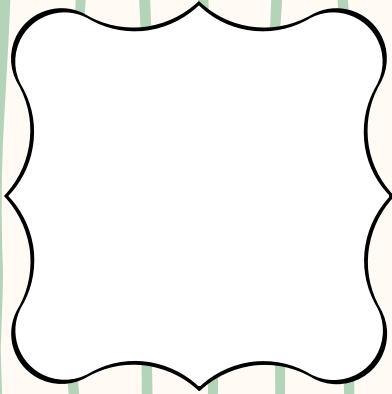
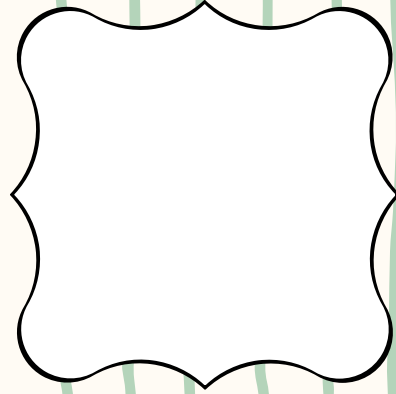
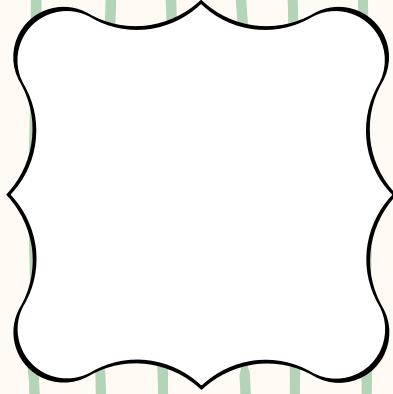
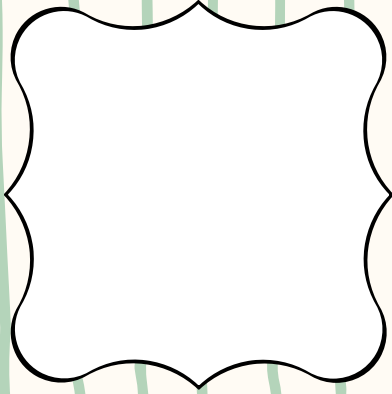
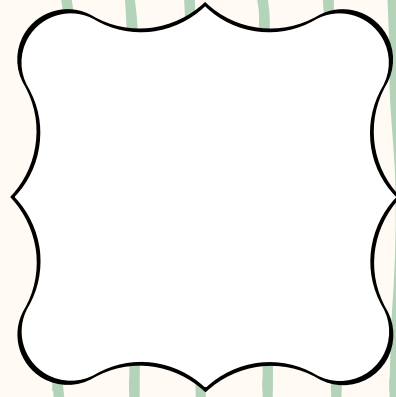
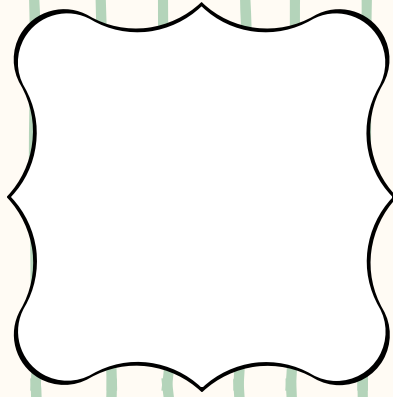
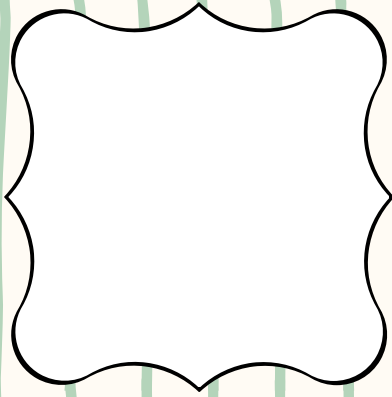
- **PEOPLE WITH MENTAL ILLNESSES ARE NOT ABLE TO WORK:** NUMEROUS PEOPLE WITH MENTAL ILLNESSES CAN AND DO WORK.
- **MENTAL HEALTH AND PHYSICAL HEALTH ARE TWO SEPARATE THINGS:** THEY ARE INTERTWINED AND IMPACT EACH OTHER. IMPROVING YOUR PHYSICAL HEALTH WILL IMPROVE YOUR MENTAL HEALTH AND IMPROVING YOUR MENTAL HEALTH WILL IMPROVE YOUR PHYSICAL HEALTH.
- **POOR EMOTIONAL REGULATION = BIPOLAR DISORDER:** MOODINESS, EMOTIONAL OUTBURSTS, IRRATIONAL DECISIONS, AND POOR IMPULSE CONTROL OFTEN HAVE MORE TO DO WITH BORDERLINE PERSONALITY DISORDER, PTSD, AND DEPRESSION THAN BIPOLAR DISORDER. INSTEAD OF SELF DIAGNOSING TO JUSTIFY POOR DECISIONS, IMPROVE YOUR EMOTIONAL REGULATION.
- **MARIJUANA TREATS MENTAL HEALTH DISORDERS:** MARIJUANA MAY GET YOU HIGH, MAKE YOU FALL ASLEEP FASTER AND HELP WITH PAIN BUT IT INHIBITS RESTORATIVE SLEEP; MAKING YOU MORE LIKELY TO BE ANXIOUS, DEPRESSED AND FORGETFUL.
- **WHAT DOESN'T KILL US MAKES US STRONGER:** EMOTIONAL TRAUMA IS A WOUND THAT NEEDS TO BE TREATED AND HEALED.
- **"I'VE TRIED EVERYTHING":** UNWILLINGNESS TO ACCEPT NEW IDEAS IS NOT PRODUCTIVE. THERE ARE THINGS THAT CAN BE DONE TO IMPROVE CIRCUMSTANCES.

Self Affirmations



Self-Affirmations

Self Affirmations



Self Affirmations

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There is no chance, no
destiny, no fate, that can
circumvent or hinder or
control the firm resolve of a
determined soul.



Ella Wheeler Wilcox