

Name _____

Date _____

MENTAL HEALTH MAINTENANCE

WORKSHEET

Much like your body requires a balanced diet and exercise to maintain its health, your mental health also needs attention. Maintaining your mental health involves practicing self-care, using coping strategies, and knowing when to seek professional help.

Use this worksheet to review your mental health needs and the strategies you can use to maintain wellness.

SPOTTING MENTAL HEALTH RISK

Triggers

A trigger is anything that can bring back mental health issues. Triggers can be activities, thoughts, people, places, or things. Once you know your triggers, they can be avoided or managed. List 4 of your triggers.

Tip: In order to avoid triggers, you may need to make changes to your habits, lifestyle, and relationships.

Warning Signs

Warning signs are symptoms—such as thoughts, feelings, and behaviors—that indicate your mental health might be at risk. Examples include sleep issues, social isolation, and stress. List 4 of your warning signs.

Tip: Knowing your warning signs allows you to begin managing symptoms before they become too severe.

PREVENTING AND DEALING WITH PROBLEM

Self-Care

Self-care activities are the things you do regularly to maintain your mental health. Examples include eating well, exercising, socializing, and engaging in hobbies. List 4 self-care activities you can practice regularly.

Tip: A healthy lifestyle will make you more resilient to stress. Choose self-care activities that can become habits, and a regular part of your day.