



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL
HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION

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Ten Tips For Feeling Better Bit-By-Bit

1. Learn how your body responds to your emotions, health problems and side effects of medication. Listen to your inner signal that something is going wrong.
2. Adjust your attitudes and unrealistic expectations: Learn to say no, accept your limitations, and set your priorities. Discern how to protect your emotional, moral and physical boundaries.
3. Take care of you. Fit in time for rest and renewal. Maintain healthy self-care practices: Proper nutrition, exercise and sleep.
4. Gain perspective and reduce negative thinking. Combat negative thoughts. Insert coping statements and positive affirmations.
5. Relax: Sit in a quiet place. Do muscle relaxation: Tighten and release every muscle in your body in rhythm.
6. Go to your unique "portable paradise." With all your senses, imagine/recollect a peaceful and beautiful place. For a few moments allow yourself to rest there.
7. Breathe deeply, expanding your abdomen as you breathe in. Then hold your breath for five counts. Finally blow the air out slowly and deliberately. Do this several times.
8. Do self-hypnosis. Visualize your body healing itself: Close your eyes and repeat "My breathing is slow and calm, my mind is peaceful and serene."
9. Find a place where you can hear other people talk about their personal recovery: You are not alone.
10. Learn as much as you can about your wellness and your illness: Decide upon empowering lifestyle changes. Practice new attitudes and behaviors to relate fully to the world.