

# Mental Health & “Maintenance”



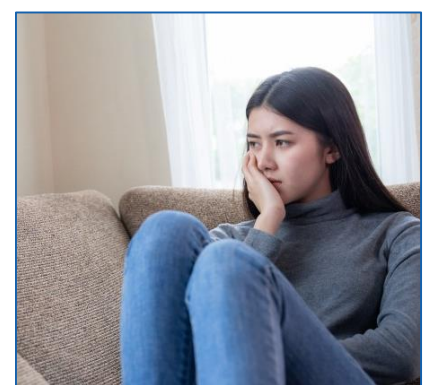
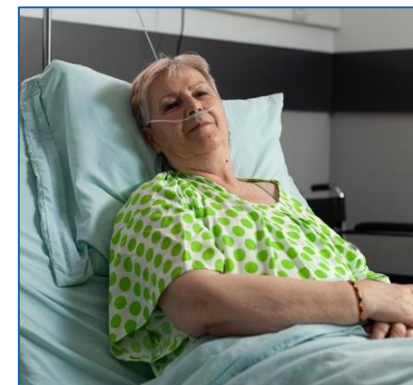
## Mental Health & “Maintenance”

- Know yourself
- Know mental health
- Have a “maintenance” mental health plan

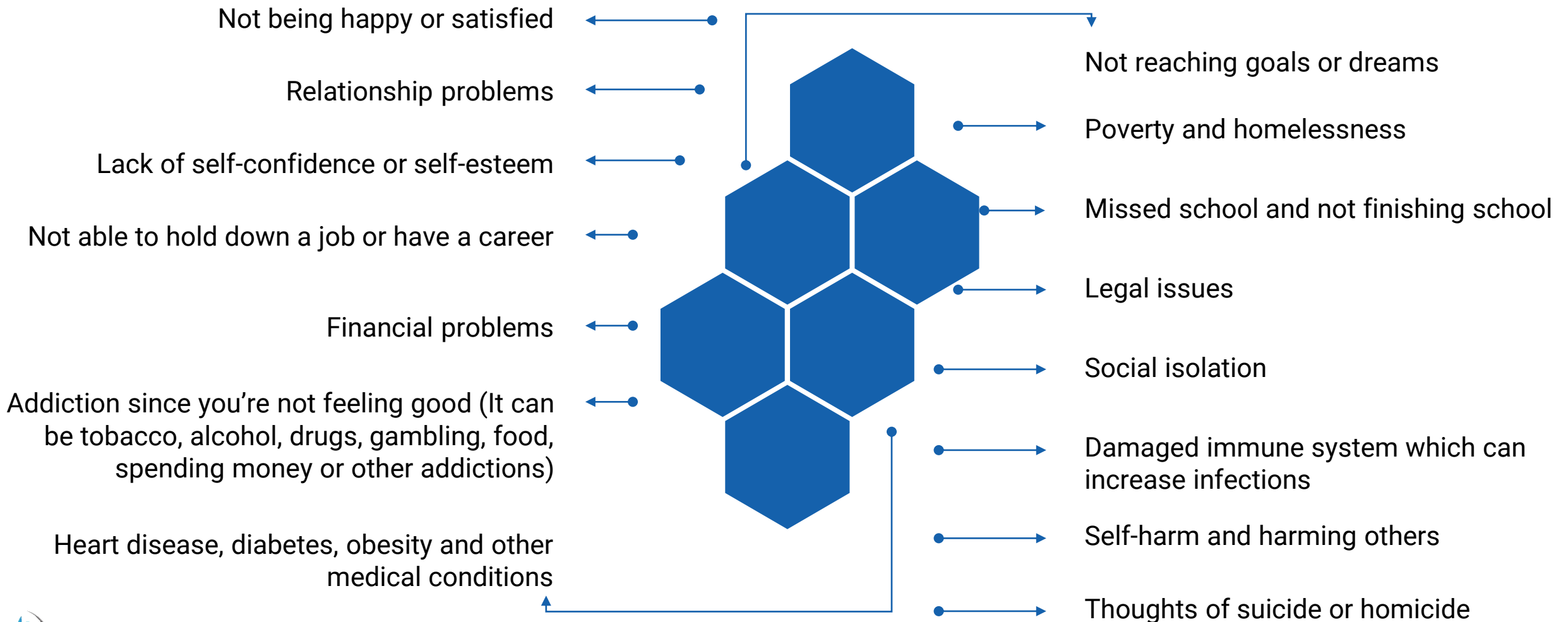


## What's The Cost Of Not Controlling Symptoms?

- **There are many – these are just a few.**  
It's probably easier to manage a condition then pay a price for not managing it.
- **Untreated mental health problems can cause serious emotional, behavioral and physical health issues.**



## The Price You Can Pay



**Maintenance** is taking care of something long-term

- A car or bike needs maintenance
- Your place needs maintenance
- Going to school/work takes maintenance
- Your mental health needs maintenance



# Maintenance



Maintenance can be used in different parts of mental health such as **work on yourself, learn more about mental health and mental health action plan**



**Maintenance also means to troubleshoot or deal with problems that come along the way**



**Maintenance also means asking the right questions so you understand why it's important for you to manage it**

- 
- Know yourself
  - Know mental health
  - Have a mental health “maintenance” plan



## Maintenance: Know Yourself



- **Self-maintenance means understanding who you are, your thoughts, how to handle symptoms, how you deal with people, work/school and how you cope with mental health (negative or positive way).**



## Maintenance: Know Yourself



- Let's talk about some problems with mental **health and working on yourself**. You are your own resource meaning you need to work on yourself, how you deal with situation, what are you using to cope with mental health issues or maybe even getting diagnosed.

## Maintenance: Know Yourself



- If you're not facing poor mental health, you still need to have and work your plan for long-term maintenance. **There is positive and negative coping. Positive coping** means dealing with situations, people or life in a positive way. **Negative coping** is dealing with it in negative way. We will talk about different ways of coping.

**Your relationship with yourself is probably  
one of the most important ones you will have**



## Your Relationship With Yourself & Maintenance:

It's important to become self-aware so know how you are and how you act towards people, situations and life. This will give you important information about how to handle yourself, mental health and life problems. If you're handling anything that's not good for you than you can handle it in a positive way but you won't know that until you become self-aware.



## Your Relationship With Yourself & Maintenance:

- **Your strengths and weaknesses: we all have both.** It's really important for you to know what you're good at and what you need to be good at. If you're not sure, think about it and them down. When you're feeling down review it and see where you can feel better





## Your Relationship With Yourself & Maintenance:

**Know yourself: where are you in life?** Maybe you're in a place where you haven't been diagnosed or have been and don't know what to do or been diagnosed for a long time and don't know how to get better control. Think about where you are in where you want to go. **If you don't know where you're going, how are you going to get there?**





With mental health if you don't do positive coping, you will usually cope in a negative way. Negative coping usually shows up in the form of an addiction like alcohol, smoking, drugs, food, narcotics, shopping, gambling and other addictions





■ **Know yourself and why it matters for your general health:** With mental health, you have higher risk of physical health problems such as obesity, diabetes, high cholesterol, high blood pressure and other conditions. **This can be maybe because you're not taking care of your mental health such as** when you're not happy, and you're not focused or overwhelmed, it's hard to take care of yourself in general or get check-ups to maintain your health.







- One way that mental health can affect your physical health. You probably notice a lot of people that are overweight can have a mental health condition (undiagnosed or diagnosed). If mental health isn't stable, it's hard to be healthy because you might not care about diet, exercise or seeing a doctor.
- Your brain is too busy fighting mental health issues so you're already overwhelmed. This is one of the reasons why it's important to manage your mental health



## Symptoms & Maintenance:



- To deal with symptoms, you need to learn about them. **You need to know your symptoms then have a way of handling them in the moment, short or long-term.**

**Symptoms can be deceptive.** They can because of mental health, life issues or a combination of both. Mental health symptoms can be different from each time you or someone you care about have them. Symptoms can change - they can be mild, or severe depending on what's going on. Symptoms can usually make you feel negative, tired, irritated and more. You need to deal with symptoms in a positive way.



We talked about symptoms and 3 ways of dealing with them so this is very important for mental health for short and long-term. You can take care of symptoms for a short time but you have to review what you did, if it's working and change it if you need to.



## Thoughts & Maintenance:

Dealing with mental health isn't easy.

**Don't just act! THINK THEN ACT.** One of the most important ways to change your life is to change your thoughts.

To change your thoughts, you need to understand what you're thinking first then change them.

**Poor mental health can cause thoughts to be negative, misunderstood or just wrong.** It could be thoughts about life, yourself, symptoms, goals, relationships, confidence or something else....

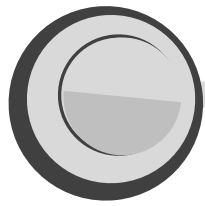


## Thoughts & Maintenance:

Write down a “bad” thought then feeling you have about it then reframed statement which is a positive way of thinking about what’s going.

Don’t just think about it – write it down. Take a photo and save on smart device, journal, calendar or somewhere you get see it.





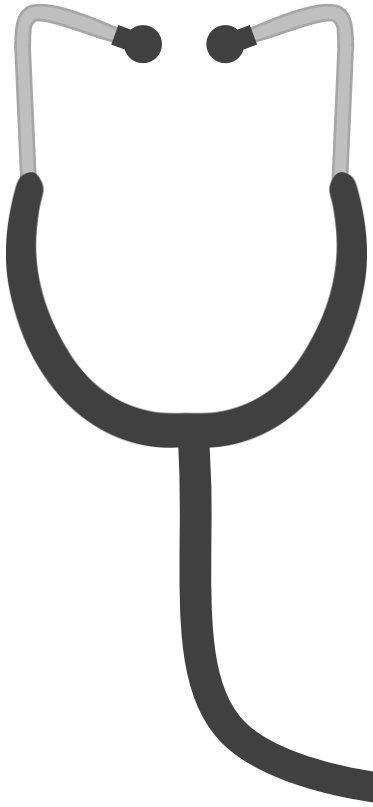
## Examples of “Thought” Statements:

**Thought:** I don't feel good and sleeping too much – I'm just not sure what's happening

**Feeling:** Tired, sad, confused, alone

**Reframed statement:** write down a different, positive way of thinking about what's going

I'm not really sure what's wrong but I want to find out. I'm going to talk to a couple of people I trust and see what they say or what it could be. Maybe I need to talk to a health professional online or offline to find out more





## Examples of “Thought” Statements:

**Thought:** I just feel like being alone. I don’t want to go out

**Feeling:** Alone, isolated, depressed, sad

**Reframed statement:** write down a different, positive way of thinking about what’s going

I feel like staying at home most of the time. Once or twice a week, I’m going out to the movies, shopping or hang out with a friend for just a few hours

**Write. Review. Use it.**





## Your Statements:

Thought: \_\_\_\_\_

Feeling: \_\_\_\_\_

**Reframed statement:** write down a different,  
positive way of thinking about what's going  
\_\_\_\_\_


Thought: \_\_\_\_\_

Feeling: \_\_\_\_\_

**Reframed statement:** write down a different,  
positive way of thinking about what's going  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_




## Relationships & Maintenance:



**Another part of knowing yourself could be how you deal with other people.** It's hard to deal with people and it could be family, friends, coworkers or someone you're doing business with. With mental health it's easy to become distracted, worry, have a hard time deciding things or feeling overwhelmed or sad.

**You need to figure out the best way to deal with people and situations and it's good if you have a mini plan for it.** You have to ask the right questions. You have to ask? What is the best thing to do at the moment?" Can I just walk away and come back to it later?



A collection of various medical supplies including pills, capsules, and a stethoscope on a light blue background. The pills are in various colors (red, yellow, blue, white) and shapes (round, oval, capsule). A silver stethoscope is visible in the lower right corner. An orange banner is at the bottom of the image.

## Life Stress & Maintenance:

Mental health is hard without any other problems but **what should you do when “life” happens?** This could be loss of a loved one, grief, divorce, breakups, money problems, trauma, injury, work/school or something else.

**Life events can cause problems which trigger mental health symptoms or make them worse.** Sometimes you’re going through life and something tragic happens. Then, you have symptoms which could be **being sad, not motivated, overwhelmed, anger, lonely, hopeless, helpless, anxious any other negative emotions.**

You can **write the problem you’re having and 3 ways to manage it.** If you can’t come up with 3, start with 1 or 2 then think about it and write some more. If you’re still not sure what to write, **try to look for some answers online or offline.**



## Solutions checklist

Solution: \_\_\_\_\_

Action plan (list 3 or more):

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Solution: \_\_\_\_\_


Action plan (list 3 or more):

1 \_\_\_\_\_

2 \_\_\_\_\_



3 \_\_\_\_\_

## Maintenance: Know Mental Health



**I talked about 3 parts to handle mental health:** know yourself, know mental health then have mental health plan. Let's go over the next one, **know mental health**. Information is power. **The more you learn about mental health, the higher the chances of controlling it short and long term.**

**There is so much information out there so it's important to have an idea** of what you need to learn, how to understand the information and **most important**, how do use it. A lot of times we read or learn something but then we don't use it. One example is people who want to lose weight, they know about diet and exercise but they don't do it.



**Maintenance with learning about mental health means you learn about it on an ongoing basis** so this could be reading a few articles a month, it could be working out 2 to 3 times a week even with walking, gym, something basic. He could be taking a class or a webinar on better mental health. It could be knowing access to resources and ways to build confidence.

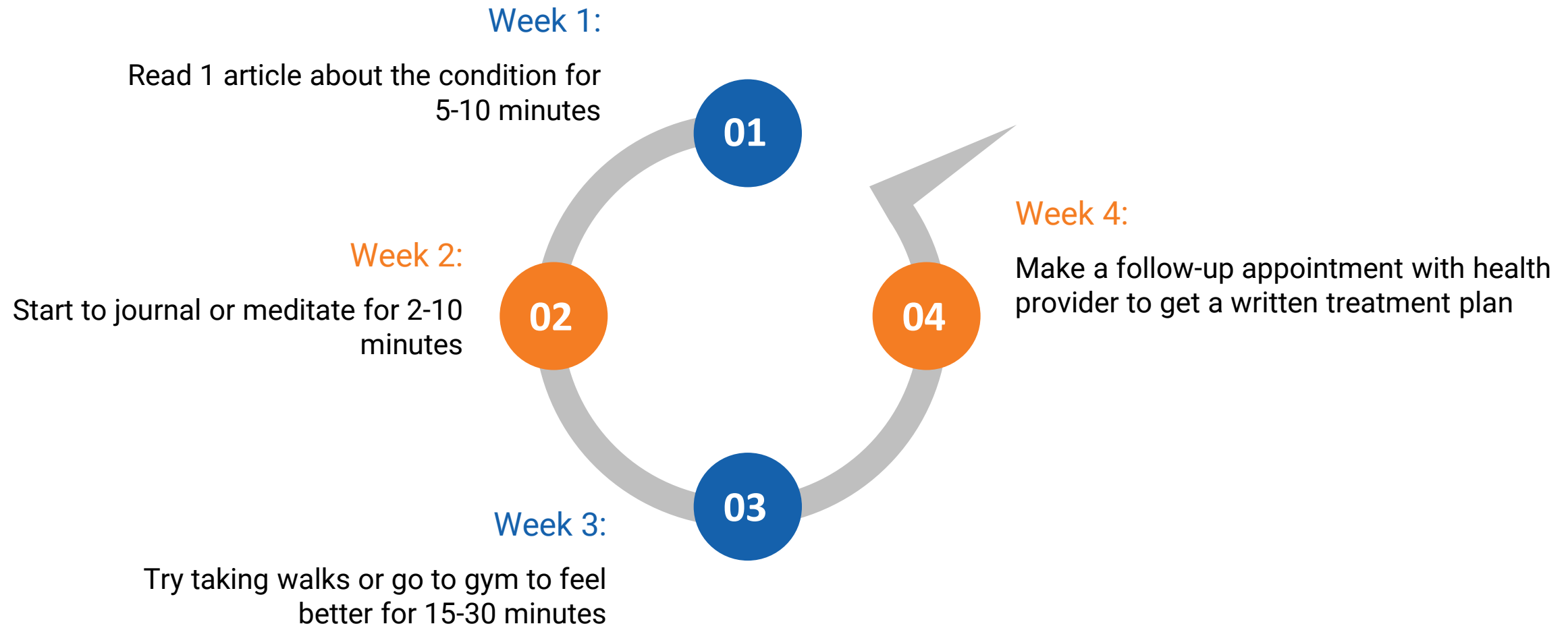
# One Important Way To Maintain Your Mental Health Is....



## Learn about Mental Health Goals

This is an example of what to do to manage mental health long-term. **This can be done weekly, every 2 weeks or monthly depending on what's best** for you/loved one and health care provider. Take photo or print out goals. Put alerts in your small device or calendar to work on goals

# Learn More About Mental Health





A top-down view of various medical and office supplies arranged on a teal background. On the left is a black stethoscope. Next to it is a blister pack of eight yellow pills. In the center is a black clipboard with a silver clip at the top, holding a white sheet of paper with a title and four sections for weekly notes. To the right of the clipboard is a white digital thermometer with a green tip, a pair of black-rimmed glasses, and three rectangular sticky notes in light blue, yellow, and pink. A white pen lies diagonally across the bottom right of the clipboard.

## How Will You Learn about Mental Health?

Week 1:

Week 2:

Week 3:

Week 4:

**“If You Fail to Plan, You Are  
Planning to Fail”  
— Benjamin Franklin**







**A plan is a way to get to where you want to be or what you want to accomplish.** When you want to achieve a goal(s) that means have a plan. **That's the same for mental health goals.** The plan can be for symptoms, treatment plan, crisis, stress, support system or something else.



## Managing Mental Health Goals

This is an example of what to do to manage mental health long-term. **This can be done weekly, every 2 weeks or monthly depending on what's best for you/loved one and health care provider.** Take photo or print out goals. Put alerts in your smart device or calendar to work on goals.

# Weekly Mental Health Plan



A top-down view of various medical and health-related items arranged on a teal background. On the left is a black stethoscope. Next to it is a blister pack of eight yellow pills. In the center is a black clipboard with a silver clip at the top, holding a white sheet of paper titled 'Weekly Mental Health Goals'. The paper has four sections, each labeled 'Week 1:', 'Week 2:', 'Week 3:', and 'Week 4:', each followed by three horizontal lines for writing. A white pen with a silver clip is positioned at the bottom right of the clipboard. To the right of the clipboard are a blue surgical mask, a white and green digital thermometer, a pair of black-rimmed glasses, and three rectangular sticky notes in light blue, yellow, and pink.

## Weekly Mental Health Goals

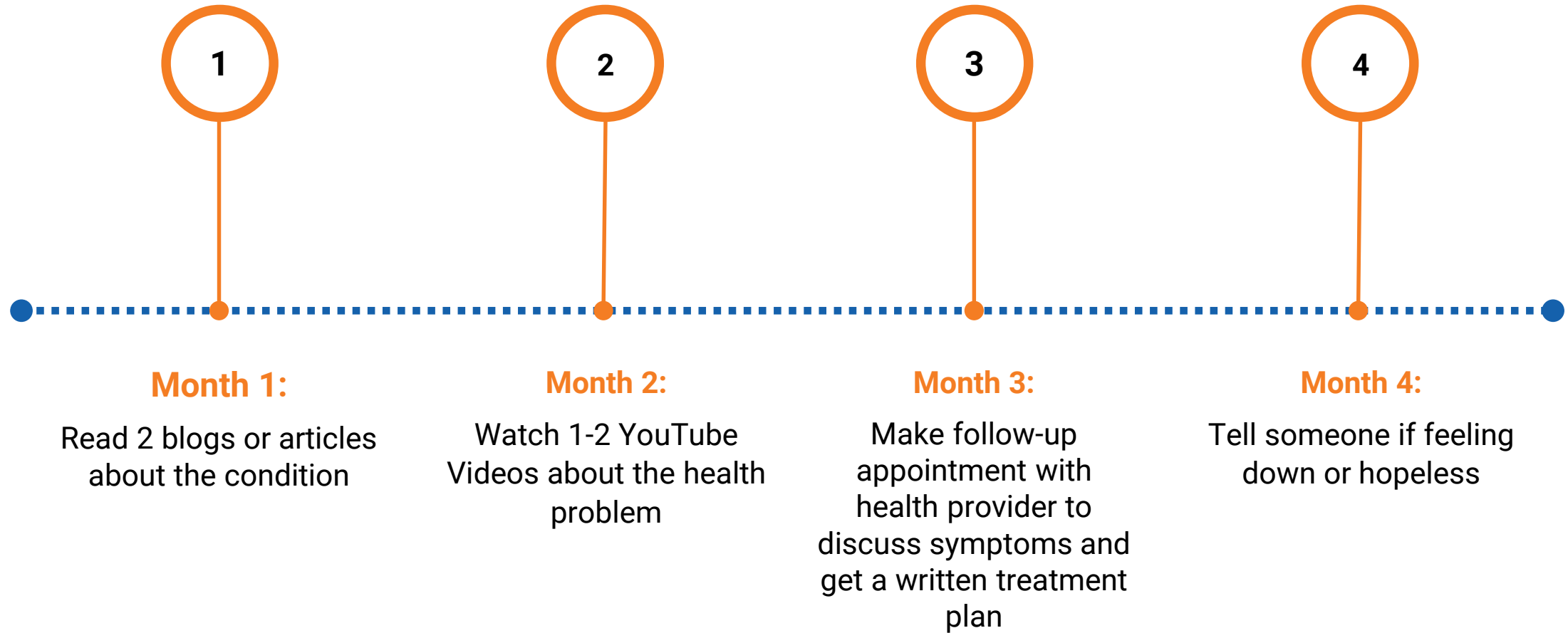
Week 1:

Week 2:

Week 3:

Week 4:

# Monthly Mental Health Plan





A top-down view of various medical and office supplies arranged on a teal background. On the left is a black stethoscope. In the center is a clipboard with a white sheet of paper titled 'Monthly Mental Health Goals' and twelve lined entries for each month. To the right of the clipboard is a white digital thermometer with a green tip, a pair of black-rimmed glasses, and three rectangular sticky notes in light blue, yellow, and pink. Above the glasses is a blue surgical mask. Below the glasses are three rectangular sticky notes in light blue, yellow, and pink. A blister pack of eight white pills is located to the left of the clipboard. A white pen is positioned at the bottom right of the clipboard.

## Monthly Mental Health Goals

Month 1:

Month 2:

Month 3:

Month 4:

Month 5:

Month 6:

Month 7:

Month 8:

Month 9:

Month 10:

Month 11:

Month 12:



A top-down view of various medical and office supplies arranged on a teal background. On the left is a black stethoscope. Next to it is a blister pack of eight yellow pills. In the center is a black clipboard with a silver clip at the top, holding a white sheet of paper. To the right of the clipboard is a white digital thermometer with a green top. Below the thermometer are a pair of black-rimmed glasses and three rectangular sticky notes in light blue, yellow, and pink. A white pen lies diagonally across the bottom right corner of the clipboard.

## Yearly Mental Health Goals

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Goal 3: \_\_\_\_\_

Goal 4: \_\_\_\_\_



## Solutions checklist

Solution: \_\_\_\_\_

Action plan (list 3 or more):

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Solution: \_\_\_\_\_

Action plan (list 3 or more):

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



## **Be self-disciplined** with mental health

Self-discipline means to control feelings and overcome any weaknesses; the ability to pursue what's right despite temptations





Learning about living with mental health is important...  
Help yourself or someone else

Check out other videos at [www.shell-it-co.com/shop](http://www.shell-it-co.com/shop)



### Disclaimer:

You can get a new health care provider or follow-up with your current health care provider about your mental health or somebody you're trying to help



Check out other videos at  
[www.shell-it-co.com/shop](http://www.shell-it-co.com/shop)

