

First Aid for Your Mental Health

- Talk it Out - find a levelheaded person you can trust.
- Escape for a While - find a spot for peace and quiet.
- Work Off Your Anger - pitch into exercise or hobbies.
- Give in Occasionally - admit that you can.
- Do Something for Others - it takes your mind off yourself.
- Take things One at A Time - shun the Superman / Superwoman urge.
- Give Yourself A Pat on the Back for The Things You Do Well - but do not try to be perfect.
- Go Easy with Criticism - others have virtues too.
- Give the Other Fellow A Break - cooperation is contagious.
- Make Yourself Available - often others are only waiting for you to make the first move.
- Schedule Your Recreation - essential to good physical and mental health.
- Tell Someone You Care - a little love goes a long way.
- Be Able to Laugh at Yourself - and SMILE, SMILE, SMILE!