

MY MENTAL HEALTH **ACTION PLAN**



**LET'S
UNPACK
IT**

My highest purpose in life is to _____

I can do these things daily to stay mentally healthy:

- | | | |
|--|--|--|
| ☐ Listen to music | ☐ Take breaks | ☐ Move my body |
| ☐ Eat a healthy meal | ☐ Journal my thoughts | ☐ Talk kindly to myself |
| ☐ Breathing exercises | ☐ Practice gratitude | ☐ Make a to-do list |

On the hard days, I will remind myself that **I am strong, capable, and resilient.** I will also remind myself that _____

I will look out for these **warning signs** that my mental health is declining:

- ☐ Not feeling as excited or interested in activities I usually love.
- ☐ Engaging in risky behaviours or acting out of character.
- ☐ Feeling like I cannot focus or get my work done.
- ☐ Pulling away from my close friends and family.
- ☐ Feeling very anxious and/or exhausted.
- ☐ Chronic low mood and/or decreased motivation.

When I am feeling stressed or down, others can support me by: _____

Reaching out is a sign of strength! When I need a little bit of help and support, these are the people I can reach out to:

If you're ever feeling overwhelmed, know that you don't have to struggle in silence.
Reach out for help!



Scan the QR code for other child and youth-centered Mental Health Support Resources, or **visit youngcaribbeanminds.com**.