

The background of the entire page is a light pink color with a pattern of small, darker pink dots scattered across it.

5 THINGS TO DO AFTER A MENTAL HEALTH EPISODE

TO HELP HEAL, FEEL
BETTER, AND
PREPARE FOR THE
FUTURE

THINGS TO DO

I'M PROUD OF YOU FOR BEING HERE AND I'M PROUD OF YOU FOR DOING THIS WORK ON YOURSELF. GIVE YOURSELF A BIG PAT ON THE BACK!

- high five yourself for surviving it!
- be kind to yourself
- let people know
- journal about your episode
- evaluate and change

HIGH FIVE YOURSELF

EPISODES ARE HARD WORK! YOU JUST DID AN AMAZING
THING AND YOU DEFINETLY DESERVE A LITTLE TLC.

- regardless of how you feel, you are capable of incredible and amazing things
- you are highly unique and special in a ton of different ways
- you have the capability to be a wonderful and inspirational person
- if you've done it once, you can do it again!

BE KIND TO YOURSELF

A SMALL ACT OF INTENTIONAL SELF CARE CAN GO A LONG WAY. HERE ARE SOME FREE, QUICK, AND EASY ONES TO GET YOU STARTED.

- do some stretches (like yoga sun salutations)
- do some deep belly breathing
- close your eyes and enjoy a mental "pause"
- give yourself a little hand massage (bonus if you use one of your favorite lotions or oil)
- think of a handful of things that are going well in your life; give yourself a moment to savor them

LET PEOPLE KNOW

IT CAN BE HELPFUL TO SHARE YOUR EXPERIENCE WITH YOUR SUPPORT SYSTEM. USE YOUR BEST JUDGEMENT WHEN DECIDING WHO TO TELL.

professionals

doctor

therapist

sponsor

loved ones

spouse

family

friends

not sure if you should tell them?

do I honestly think that they'll respect and value the vulnerability of me telling them about my episode?

do I honestly think that they'll use the information to improve the situation?

do I honestly think it is better for my overall safety and well-being to tell them rather than not tell them?

JOURNAL ABOUT YOUR EPISODE

NO JUDGEMENTS; JUST FACTS AND FEELINGS. YOU'VE GOT
THIS!

Journal prompts

THOUGHTS FROM MY MENTAL HEALTH EPISODE

Try to keep a judgement-free mindset as you let the pen flow.

physical sensations I experienced	reoccurring images during the episode	would like to try next episode	sounds that aggravated the episode	helped me end the episode
happened immediately before the episode	when I knew the episode was over	improved the experience of the episode	items in my sunshine box that helped	how this episode has made me stronger
harmful thoughts during the episode	input I could reduce to ease the next episode	FREE	memories that came up	sounds that helped the episode
items in my sunshine box that need improvement	the "why" that helped me through the episode	helpful thoughts during the episode	when I knew the episode was coming	happened the day of the episode
aggravated the episode	happened the day before the episode	why I'm glad I had the episode	physical health before the episode	what the episode taught me

EVALUATE AND CHANGE

PLAY A DETECTIVE AND READ OVER YOUR JOURNAL ENTRY.
GO LOOKING FOR CLUES THAT SHOW HOW YOU TICK!

- what did you learn about yourself?
- what patterns do you see?
- what is within your control?
- what is a pattern you can change?
- what is a tiny change you can make to improve this pattern?
- how can you realistically make this change?

**LOOK AT YOU!
YOU'RE ON
YOUR WAY TO
HEALING,
FEELING
BETTER, AND
PREPARING
FOR YOUR
FUTURE**

REMEMBER, YOU CAN
ACHIEVE AMAZING
THINGS!