

# LIVEWELL STRATEGIES©

## TALK TO SOMEONE

Talk about mental health, ask for support, and strengthen your communication skills to help yourself and benefit others.

## EMPHASIZE YOUR STRENGTHS

Challenge negative thinking and develop self-compassion by celebrating positive qualities that support your mental health and resilience

## FOCUS ON THE PRESENT MOMENT

Pay attention, on purpose and without judgment, to the present moment. Recognize your passing thoughts and moods do not define you.

## GET EDUCATED

Learn about depression and its related health issues, and be open to all available options for support and care.

## TAKE ACTION

Get out of your head and into your life by engaging in activities that support your mental health and personal goals.

## DO *WHAT YOU CAN*, *WHEN YOU CAN*

Accept the ups and downs of managing your moods. Go at your own pace. Trust yourself through your unique process of change and growth.

## STAY CONNECTED

Avoid isolating by creating and maintaining supportive relationships with individuals, communities and LiveWell peers.

## ANTICIPATE AND PLAN

Identify your depression triggers, and use your creative problem-solving skills, Action Plan, or Crisis Plan.

## CHALLENGE THE STIGMA OF DEPRESSION

Explore how your culture's beliefs about depression affect how you think and feel. Share your unique story to empower yourself and inspire others.

## LIVE WITH A PURPOSE

Dedicate yourself to things that are meaningful to you, and contribute to the mental health of your peers and community.