

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.