

LiveWell Strategies[©]

TALK TO SOMEONE

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

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.

EMPHASIZE YOUR STRENGTHS

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

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.

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 into your life by engaging in activities that support your mental health and personal goals.

ANTICIPATE AND PLAN

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

STAY CONNECTED

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

CHALLENGE THE STIGMA OF DEPRESSION

Explore how your culture's beliefs about mental health 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.

