ENHANCING MENTAL HEALTH

The following ideas may assist to enhance positive mental health:

♥ Develop a **healthy self-esteem**

♥ Develop an ability to set **realistic goals/expectations**

♥ **Develop effective communication skills**
  - Expressing feelings verbally in a healthy manner
  - Using writing/drawing/painting to express feelings

♥ **Develop effective problem solving techniques.** The effective Dale Carnegie formula is:
  - What is the problem?
  - What are the causes of the problem?
  - What are the possible solutions?
  - What is the best solution?

♥ **Identify people** you are able to **trust** and go to for help, advice or simply to listen to you

♥ **Create time to spend with important people** in your life

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♥ Exercise (walk, run, ride a bike, dance, swim, etc)

♥ Eat healthy, energising food

♥ Learn to take time out
   Have your own space or special place to go for time alone

♥ Learn to calm your mind through meditation

♥ Learn the art of creative visualisation
   Keep dreams active in your mind

♥ Don't give up hope - HOPE is believing you can make a positive change in your life

♥ Add to this list as you find new ways to help yourself: