I Need a LARGE **RE-CHARGE!** -Building Mental Wellness

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**MENTAL WELLNESS** - A state of well-being in which people realize their own abilities, can cope with stresses of life, can work productively and fruitfully, and can make community contributions. **Difference between mental health and mental wellness -** When your mental health is in a good state, this is called **mental wellness.**

**Recipe for MENTAL WELLNESS -** Being able to solve problems effectively. Having a positive, hopeful outlook. Handling emotions. Involvement in meaningful relationships. Being physically active. Having resiliency.

Kids today have many issues: (behavioral challenges, community health concerns, career focus issues, inequities, diversity challenges, increasing mental health concerns, increases in

suicidal ideation, and community health concerns.) They take…you give. Your mental health is vulnerable.

In the space below, write down everything that is currently stressing you out…EVERYTHING!

Kindergarten Motivation Hotline (707) 8PEPTOC - (707) 873-7862

**5 WAYS TO BUILD MENTAL WELLNESS** (According to the New Economics Foundation)

1. CONNECT - Talk with people, and really listen to what they say. Schedule a catch up with friends. Become and find your own “Human Dustpan.”

(List friends both present and past that you would like to reconnect with.)

1. TAKE NOTICE - Becoming more aware of the present and reflecting on your experiences will help you appreciate what really matters to you. Be curious. Remark on the unusual. Enjoy the changing seasons. Savor each moment. Reflect on where you have come from.
2. MOVE - Find ways to become “joyfully” active, (Yoga, running, biking, 2-4 breathing, gardening, etc.) Being active every day causes changes in your brain that can affect your mood.
3. KEEP LEARNING - Learning for 5 min/day can reduce your dementia risk by 48%. Learning will make you more confident and boost your self-worth.
4. GIVE - Do something nice for someone without expecting anything in return. Smile with kind eyes. Say thank you! Volunteer. Giving back to others helps create a sense of inner-significance - We all want to “matter!”

Achieving a state of MENTAL WELLNESS is a unique process for each person. It involves taking many small steps every day. The climb up the ladder however, is worth the effort!

For more information, or to book Julia Cook, go to www.juliacookonline.com