

Developing a Wellness Toolbox

What do you use to help you feel better when you are having a hard time? It can include things you must do, things you could choose to do and things you would like to try using. Some ideas might be:

- *Eating 3 healthy meals a day
- *Getting to bed by 10:00 pm
- *Exercising
- *Writing in your journal
- *Taking medications

- *Drinking plenty of water
- *Doing something you enjoy
- *Doing a relaxation exercise
- *Talk on the phone to a friend
- *Taking vitamins

To get more ideas, notice things you do throughout the day and ask friends and/or family members for suggestions. Make sure you have many choices to choose from in times of stress. If you feel positive and hopeful when you look at your list, then you have enough. Be sure to add to your list if you get an idea of things you would like to try and cross things off that don't work out.



<https://m1.optumhealthslco.com/web/optumhealthslco/recovery>

SMA-3720 Action Planning for Prevention and Recovery

Things You Can Do Every Day To Help Yourself Feel Better

- ***Do something fun or creative**, something you really enjoy, like art, reading, crossword puzzle, photography, fishing, going to a movie, or gardening.
- ***Get some exercise.** Exercise is a great way to help yourself feel better while improving your overall health. The right exercise can even be fun.
- ***Write something.** Writing can help you feel better. Don't worry about how well you write. It's not important, it is only for you.
- ***Wear something that makes you feel good.** Everybody has certain clothes that they enjoy wearing. These are things to wear when you need to comfort yourself.
- ***Do a reality check.** Check what is really going on instead of responding to your "gut reaction".
- ***Use your spiritual resources.** These resources vary from person to person. This may mean praying, going to church, or reaching out to a member or the clergy. For others it is meditating or reading affirmations and other kinds of inspirational materials. Remember, you can be spiritual without being religious.
- ***Do something routine.** When you don't feel well, it helps to do something "normal" like taking a shower, walking the dog, or getting gas in the car.
- ***Get some little things done.** It feels good to accomplish something, even a very small thing. Some ideas are clean out one drawer or read a page in a favorite book.
- ***Learn something new.** Think of something you are interested in and find some information on the topic using the library or the internet.
- ***Be present in the moment (mindfulness).** Focus your attention on what you are doing right now. Look at nature. Feel the weather. Look at the sky.
- ***Expose yourself to something that smells good to you.**

- ***Stare at something pretty or that has special meaning.** Stop what you are doing and look at a flower or a picture of a loved one. Notice how much better you feel.
- ***Play with children in your family or with a pet.** Petting an animal, reading a book to a child, or rocking an infant can have a calming effect.
- ***Do a relaxation exercise.** Sit down in a comfortable chair and take several deep breaths. Starting with your toes, focus your attention on each part of your body and let it relax. When you have relaxed your whole body, notice how you feel. Then, focus your attention for a few minutes on a favorite scene, like a warm day in spring or a walk at the ocean, before returning to your other activities.
- ***Take a warm bath.** Warm water is relaxing and healing.
- ***Listen to & make music.** If you enjoy music, make it an essential part of the day.
- ***Sing. Singing helps.** It fills your lungs with fresh air and makes you feel better.
- ***Tell a good friend or family member how you feel.** Ask them to not give you advice, just to listen. When finished you can discuss what to do about the problem.
- ***Tell your mental health provider how you are feeling and ask for support.** If you don't have a provider, contact your local mental health agency.
- ***Spend time with people you enjoy.** People who make you feel good about yourself. Avoid people who aren't supportive.
- ***Ask a family member or friend to help with responsibilities** – like taking care of children, chores, work-related tasks – so you have time to take care of yourself.
- ***Learn about what you are experiencing.** This will allow you to make good decisions about your treatment; where you live, how to spend money, etc.
- ***Eat healthy food.** Limit your sugar, caffeine, alcohol, and heavily salted foods.
- ***Spend at least one-half hour outdoors ever day if possible.** Let as much light into your home or work as possible – roll up shades, turn on the lights, etc.

Further Resources

Consumer Organization and Networking Technical Assistance Center (CONTAC)

PO Box 11000
Charleston, WV 25339
1 (888) 825 TECH (8324)
Fax: (304) 346-9992
Website: www.contact.org

Depression and Bipolar Support Alliance (DBSA)

(formerly the National Depressive and
Manic-Depressive Association)
730 N Franklin Street, Suite 501
Chicago, IL 60610-3526
(800) 826-3526
Website: www.dbsalliance.org

National Alliance for the Mentally Ill (NAMI)

(Special Support Center)
Colonial Place Three
2107 Wilson Boulevard, Suite 300
Arlington, VA 22201-3042
(703) 524-7600

National Empowerment Center

599 Canal Street, 5 East
Lawrence, MA 01840
1-800-power2u
Website: www.power2u.org
(800)TDD-POWER (TDD)

National Mental Health Association (NMHA)

(Consumer Supporter Technical Assistance
Center)
2001 N Beauregard Street – 12th Floor
Alexandria, VA 22311
(800) 969-NMHA or 6642
Website: www.nmha.org

National Mental Health Consumers' Self-Help Clearinghouse

1211 Chestnut Street, Suite 1207
Philadelphia, PA 19107
1 (800) 553-4539
Fax: (215) 636-6312
Email: info@mhselfhelp.org
Website: www.mhselfhelp.org

SAMHSA's National Mental Health Information Center

PO Box 42557
Washington DC 20015
1 (800) 789-2647
Website: www.mentalhealth.samhsa.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)

Center for Mental Health Services
Website: www.samhsa.gov

Resources listed do not constitute an endorsement by CMHS/SAMHSA/HHS, nor are these resources exhaustive. Nothing is implied by an organization not being referenced.

Find Help for Substance Abuse Disorder

The Utah Division of Substance Abuse and Mental Health is the State agency responsible for ensuring that prevention and treatment services for substance abuse and mental health are available statewide. If you, a friend, or family member is struggling with a mental health problem or a problem with alcohol, tobacco, or other drugs there is help available. Hope and recovery are possible.

The Utah Behavioral Health Planning and Advisory Council (UBHPAC) is held on the last Monday of each month at the State Offices in Salt Lake City. They encourage attendance and feedback from individuals that have/are receiving services and family members. For more information contact Jenn Oxborrow at 801-538-4519 or joxborrow@utah.gov.

<http://www.dsamh.utah.gov/substanceabusetreatment.htm>

Face and Voices of Recovery (FAVR) is a national organization that has organized the recovery community. For too long those most affected by alcohol and other drug problems have been absent from the public policy debate. FAVR offers information, education and assists local communities with Recovery Day and Rally for Recovery. The site also offers the stories of individuals that have gotten treatment for SUD and are in sustained recovery.

<http://www.facesandvoicesofrecovery.org/>



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