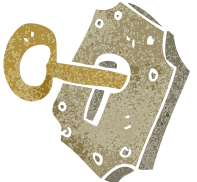




Be a First Responder for Mental Wellness

First Steps

1. **Be prepared:** order ahead of time so you have what you need on hand.
2. Post this info sheet where you will easily see it, so you won't forget it when it is needed.
3. **Begin self-care immediately upon noticing a mental wellness decline.**

The mind and the brain are like a lock & key 

Similar but different, just like a lock lacks value without a key & vice versa, so are the mind and brain. They are only at their best when they work well together.

① Recognize the difference

A healthful mind is...

- At peace
- Calm
- Thinks clearly
- Able to focus
- Balanced
- Speaks clearly
- Overcomes stressors fairly quickly
- Makes good decisions generally resulting in positive outcomes
- Processes information and responding appropriately & for the most part calmly to it

A stressed mind is...

- Worried
- Persistently anxious
- Chaotic
- Foggy-unable to think clearly
- Responds rashly with poor outcomes

② Aim for a healthful mind

- Good self-care
 - Eating organic
 - Restful sleep
 - Intentional Rest
 - Focused work

- Watch over your mind by questioning what comes into it
 - Ask yourself is this thought true?
 - If yes-"How can I think about this in a helpful way?"
 - If no-Choose to think about something else

③ Set yourself up for mental wellness

- Resources
 - Books
 - *The Bible*
 - Philippians 4:8
 - *Cleaning Up Your Mental Mess* by Dr. Caroline Leaf
 - App
 - Neurocycle from Dr. Caroline Leaf
- Essential Oils & Supplements
 - Mindwise {supports normal brain function & overall cognitive wellness}
 - Brain Power {promotes clarity & stability}
 - Frankincense {Increases oxygen in brain & improves the function nervous system}
 - Peppermint {creates an invigorating environment, stimulating, improves alertness, & supports focus & memory}
 - Lemon {Improves clarity of thought, memory, & calming}
- Actions
 - Take deep breaths
 - Journal
 - Practice gratitude
 - Prayer
 - Reading
 - Reciting Scripture