

## *Step 7*

### *Use Mental Health Calming Techniques*

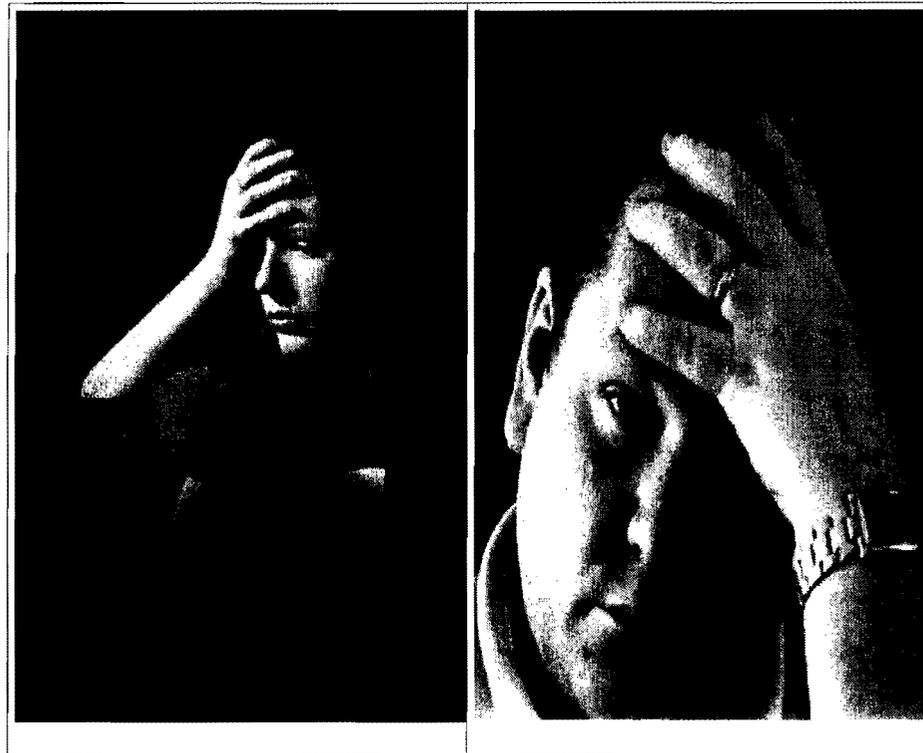
*Try to always stay calm and in control of yourself*

- 1. Find quiet time and activities that provide you with peace*
- 2. Practice meditation & mindfulness techniques*
- 3. Deep breathing*
- 4. Exercise*
- 5. Take a Time-Out*
- 6. Explore other relaxation methods*
- 7. Practice daily peaceful thoughts*

*You Can Experience Joy, Happiness & Peace*



## *Mental Illness Recovery*



*Developed by*

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# *One In Six Adults Have A Mental Illness*

## *Relapse Prevention*

### *Step 1*

- 1. See your psychiatrist/psychotherapist weekly/bi-weekly/monthly*



- 2. Take only medications that are prescribed by your doctor*
- 3. If you have stress and become symptomatic, develop an emergency back-up plan for medication and hospitalization*

### *Step 2*

- 1. Try to avoid stressful situations and triggers that may cause you to relapse*
- 2. Join a mental health relapse prevention support group*



- 3. Attend NA/CA/AA meetings if you have a history of drug and/or alcohol use and abuse*
- 4. Attend religious activities at your church/temple/etc.*
- 5. Seek out members of your family and friends who support and encourage your recovery*
- 6. Help others who are experiencing mental health problems*

### *Step 3*

*1. When in recovery and your mental illness is stable, you may be ready to take on additional responsibilities which may make your life more meaningful:*

- a. Become a volunteer*
- b. Take advantage of educational opportunities*
- c. Be available to learn new training skills*



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- d. Seek part-time or full-time employment*

### *Step 4*

*Activities That May Cause You To*

## *Break-Down*

*and become a threat to yourself or others*

*Avoiding Monthly Psychiatric  
Evaluations and Annual Medical  
Evaluations*

*Not Taking Your Medications*

*Illegal Drug & Alcohol Use*

*Not Eating Nutritious Meals*

*Constantly Being In Stressful*

*Situations*

## *Step 5*

### *Set-Up A Daily Healthy Routine*

*Eat Three Nutritious Meals A Day*

*But Don't Over Eat*

*Get Enough Sleep*

*Exercise*

*Participate in Fun Activities*



## *Step 6. Educate Yourself*



- 1. Learn about your mental illness*
- 2. Track your symptoms*
- 3. Avoid triggers that cause you stress*
- 4. Some triggers and stress you can't control*
  - a. Stress at work*
  - b. Partner break-ups*
  - c. Family problems*
  - d. Death of a loved one*
- 5. Develop an emergency plan when you begin to feel symptomatic*
  - a. See a doctor*
  - b. Go to the hospital*
  - c. Tell a friend*
  - d. Don't be left alone*
  - e. Ask someone for help*