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

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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
   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