

# MY MENTAL HEALTH SUPPORT PLAN

Blogs, Podcasts, Sites, Books,  
Apps, Resources, Inspo, Support

## Exercise & Movement

## Unhelpful Thoughts

## Flow - Enjoyable Stuff

## Heroic Alternate Thoughts

## Flow - Small Satisfying Tasks

## Gratitude & Good Stuff to Recall

## Personal Contacts to Call

## Mental Health Support to Call