

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

YOU HAVE CONTROL OVER LIVING WELL.

Find a routine that works for you that includes a healthy diet, exercise and regular sleep patterns. Stay close to your support network. Engage family, friends, teammates and your community. Be realistic and mindful of your needs and know your limits.

Take the Mental Health Pledge!

I pledge to do the following:

BODY

- Make sleep a priority, eat a well-balanced diet, and get at least 30 minutes of exercise five days a week.
- Avoid addictive / harmful substances such as alcohol, marijuana, and other drugs.
- Stop and breathe.

MIND

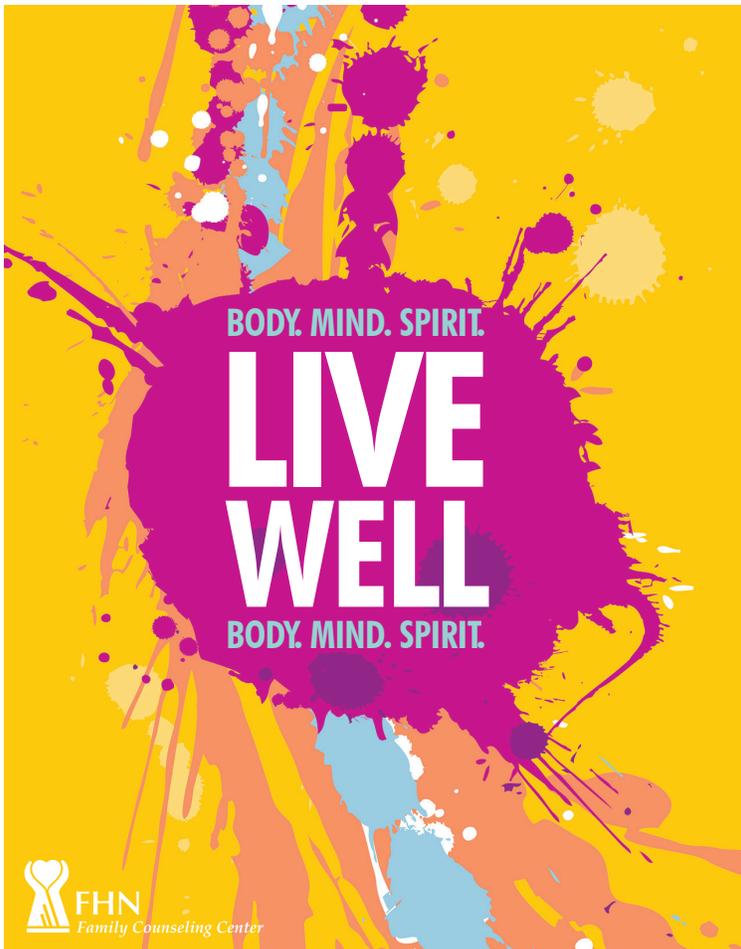
- Think positively and surround myself with others who think the same.
- Avoid demanding too much of myself. Get help if tasks are too big for me.

SPIRIT

- Be kind, always.
- Take time for myself and do something I enjoy.

If things seem overwhelming and I find myself losing control, I will get help.

Signature: _____



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