

# Building Positive Mental Health in Our Lives

## Adding healthy life-skills to the Table:

1. Exercising choices
2. Keeping our power
3. Validating from within
4. Holding on to our sense of worth as a person
5. Stop comparing
6. Unlink self-worth from externals
7. Invest emotions in what we can realistically control
8. Happiness is a byproduct
9. Our happiness is our responsibility
10. Be alert for powerlessness combined with being trapped
11. Obtain equal power in relationships
12. Build network of "attachment relationships"

Table top represents positive mental health

