

Steve Johnson, MA, LPC, NCC

Advocate Psychotherapy Services

Stevens Point, WI

800-681-2374

Click on the QR code for:

Another handout in case you didn't get one

The full PowerPoint of your seminar

A t-Shirt order / payment option

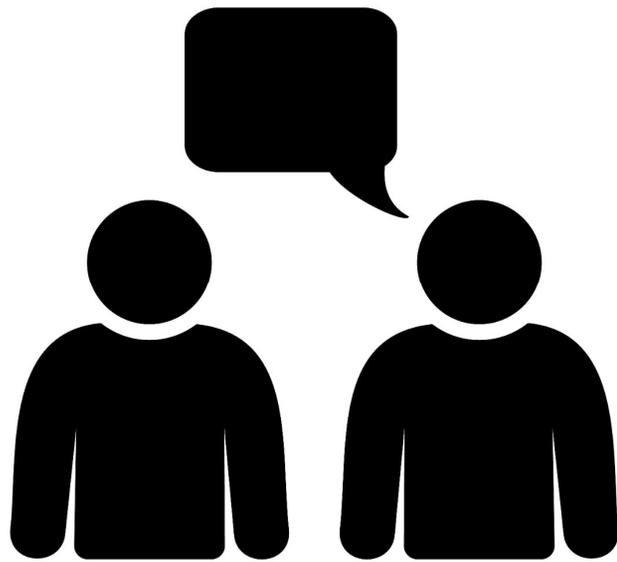
Or to **Make an Appointment** to see a counselor

NO
REGRETS

MEN'S
CONFERENCE

T.H.R.I.V.E.

Six simple steps
to improve your
mental health



STEP 1:

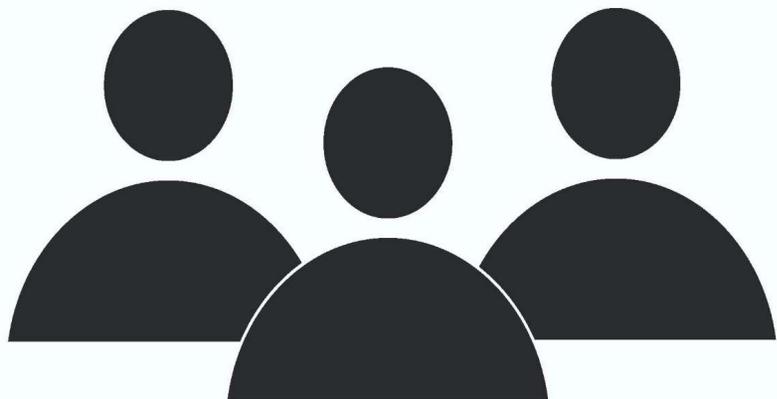
TALK FACE TO FACE

Avoid defaulting to technology communication only

Technology cannot replace the value of physical proximity

Do not let a busy schedule keep you from intentionality

Strive to go deeper than sports



STEP 2:

HELP FROM A TRUSTED SUPPORT

Life is too hard to do alone

Your struggles are shared by others that want to help

Take a risk and be transparent with someone near you that cares about you

You would do the same for him





STEP 3:

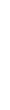
REST YOUR BODY AND BRAIN

Take time away from stressors

Get 7-9 hours of sleep at night

Do not look at any screens and
leave time open in your routine
for downtime and margin

Find a place that is just for you





STEP 4:

INITIATE COPING STRATEGIES

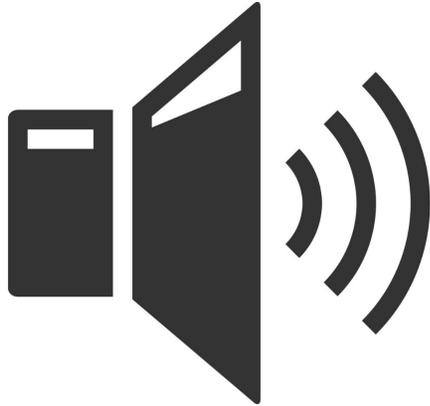
Little efforts can bring strength

Create a list of things that you enjoy doing for fun and energy

Dedicate specific times of your day to healthy priorities

Do not let excuses win





STEP 5:

V ENT NEGATIVE FEELINGS

Avoid silence and isolation

Talk to a friend, pastor, God, or
counselor about what is wrong

Pain and problems cause us to
withdraw, so fight against it

Stuffing concerns is harmful



STEP 6:

EXERCISE OFTEN

An increased activity level
leads to a better mood

Expand your day to fit it in as
consistently as possible

Running, walking, biking,
playing with the dog, etc.

Make it an escape from stress



[NO REGRETS] MEN'S CONFERENCE

T.H.R.I.V.E.

- T** - talk face to face
- H** - help from a trusted support
- R** - rest the body and brain
- I** - Initiate coping strategies
- V** - Vent negative feelings
- E** - Exercise often

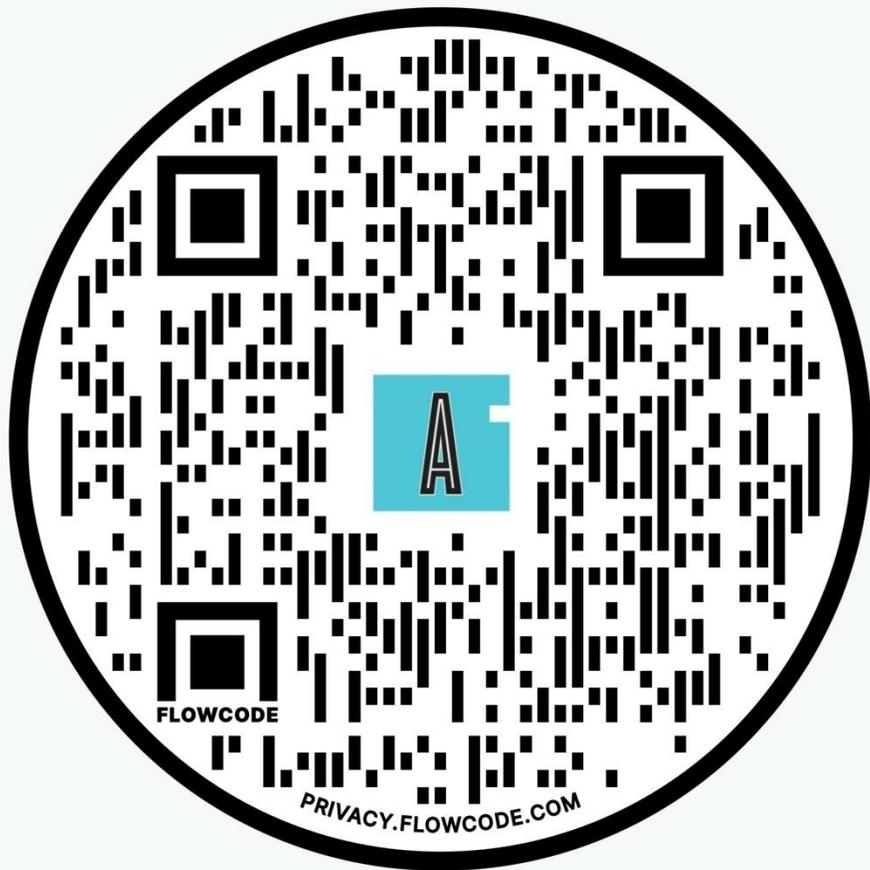
NO **MEN'S**
REGRETS **CONFERENCE**

T.H.R.I.V.E.

Any Questions or Clarifications?

Steve's email is:

steve@advocatepsychservices.com



Steve Johnson, MA, LPC, NCC

Advocate Psychotherapy Services

Stevens Point, WI

800-681-2374

Click on the QR code for:

Another handout in case you didn't get one

The full PowerPoint of your seminar

A t-Shirt order / payment option

Or to **Make an Appointment** to see a counselor