

Steve Johnson, MA, LPC, NCC

Advocate Psychotherapy Services

Stevens Point, WI

800-681-2374

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Another handout in case you didn't get one

The full PowerPoint of your seminar

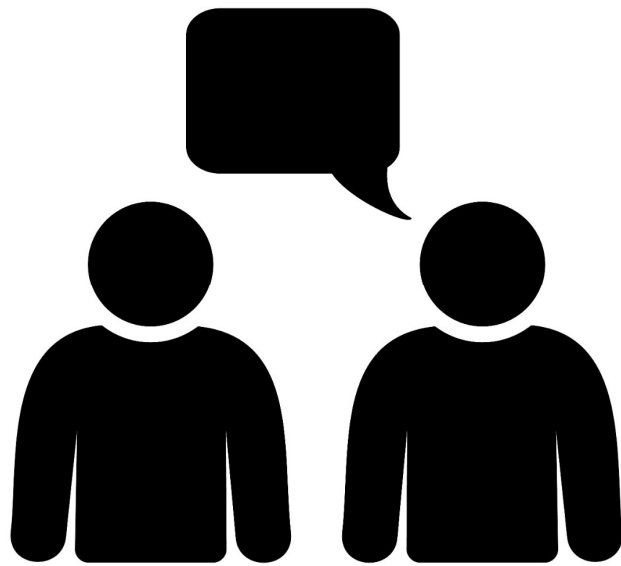
A t-Shirt order / payment option

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



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

Six simple steps
to improve your
mental health



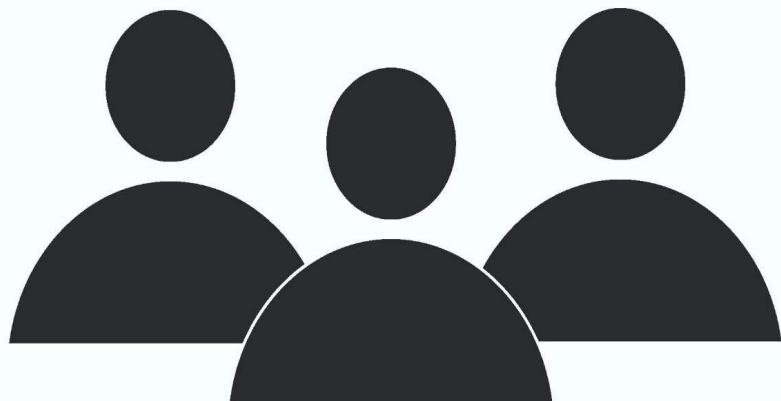
STEP 1:

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



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





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



STEP 4:

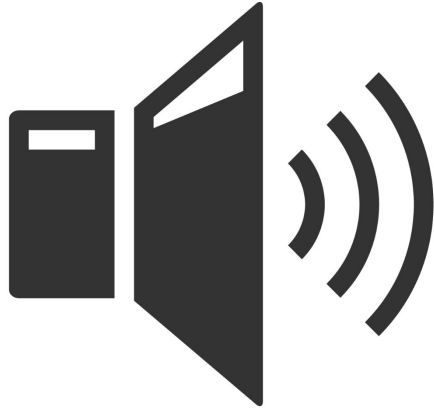
INITIATE COPING STRATEGIES

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





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



STEP 6:

E

XERCISE OFTEN

An increased activity level
leads to a better mood

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

Expand your day to fit it in as
consistently as possible





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

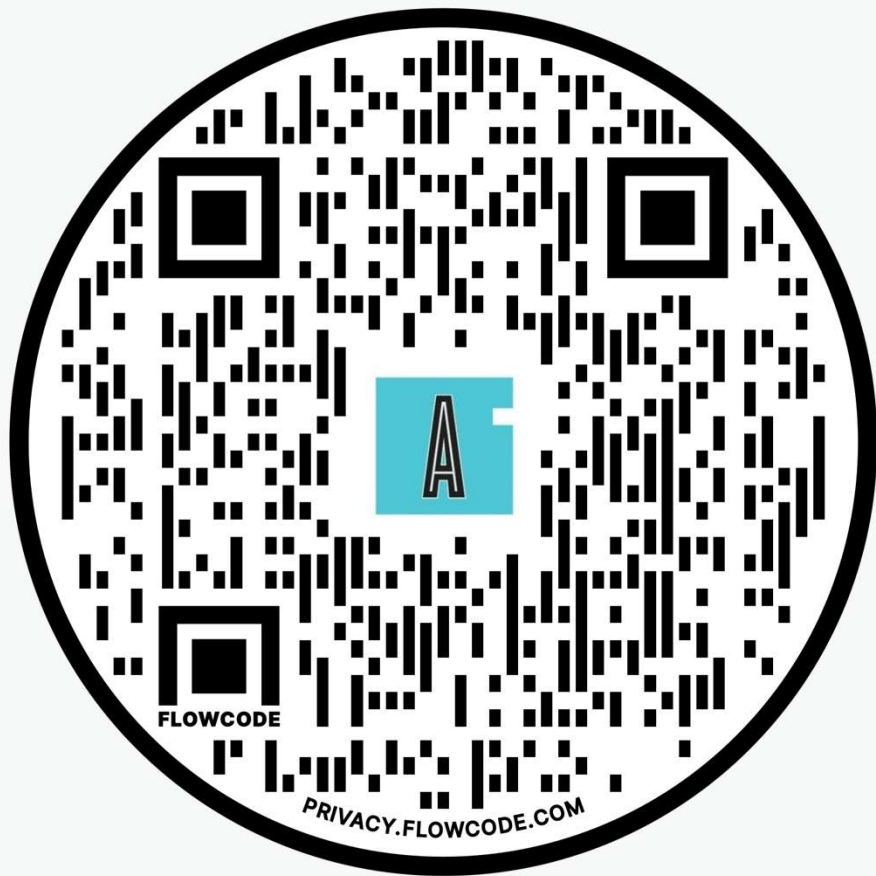


T.H.R.I.V.E.

Any Questions or Clarifications?

Steve's email is:

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