

## Mental Health Bank Account

The goal: Not to withdraw more than you deposit

There are things we can do to "fill us up," and there are both planned and unplanned things that require us to use a lot of emotional energy and deplete us. Think about the specific things in your life that are withdrawals and the actions you can take to refill your mental health bank account.

Withdrawal categories	<b>Deposit categories</b>
Breakups	Coping skills
Death	Fresh air
Family dynamics	Medication
Health changes	Movement
Job challenges	Purpose/Meaning activities
Job changes	Self-care
Life transitions	Sleep therapy
Moving	Time with family or friends
Stress	Volunteering
Other	Other
List your own specific withdrawals above	List your own specific deposits above

**Explore more** Real Goals and Supplemental Resources

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)

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