



Tuality Healthcare
Building a healthier community.
Center for Geriatric Psychiatry
Tuality Forest Grove Hospital
1809 Maple Street
Forest Grove, Oregon 97116
503-359-6969

info

mental health

12 Steps to Positive Mental Health

1. Take Responsibility for your Life

You are responsible for your thoughts, actions, feelings, decisions and their consequences. A person who does not take responsibility is a victim.

2. Be Flexible in Your Thinking

Change what you can change, adjust to what you can't. Eliminate "should", "ought to", "must".

3. Accept Reality as both Good and Bad

The world, like you, is a mixture of good and bad rather than all good or all bad.

4. Savor the Moment

Enjoy the journey of life. Vary the pace, mixing activity with periods of calm reflection

5. Learn to Live with Frustration

View frustrations as challenges rather than something to avoid. Learning to cope with frustration is a sign of personal maturity.

6. Accept and Take Care of Yourself

You are unique. Like yourself. Take care of and reward yourself without guilt.

7. Express Positive and Negative Feelings

Express yourself in an open, assertive way without violating the rights of others. Learn to say no.

8. Work toward Goals

Goals give your life meaning and direction. Be committed but not rigid

9. Think Rationally and Creatively

Formulate your own solutions rather than accepting what you have been told. Take control of decision making. Pursue creativity and spontaneity.

10. Manage Your Time and Maintain Balance

Achieve a balance between work, leisure, family and friends, being serious and having fun. Set your own agenda and priorities.

11. Develop hobbies and absorbing Interests

Select interests that are meaningful and fulfilling to renew and refresh your spirit.

12. Develop and Maintain Relationships

Value and nurture friendships and show commitment. Develop a support network. Value people with whom you feel relaxed and secure.

For more information call 503-359-6969.