



MENTAL HEALTH BANK ACCOUNT

***The goal is to not 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 what in your life are withdrawals and then what can you do to fill back up your mental health bank account.

WHAT ARE YOUR WITHDRAWALS

- Stress
- Life transitions
- Breakups
- Moving
- Death
- Job changes
- Job challenges
- Health changes

List your own specific Withdrawals above

WHAT ARE YOUR DEPOSITS

- Self-care
- Coping skills
- Therapy
- Medication
- Fresh Air
- Sleep
- Time with family or friends
- Movement

List your own specific Deposits above

For other resources, go to: wellfirstbenefits.com/realgoals

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)