Building Positive Mental Health in Our Lives

Adding healthy life-skills to the Table:

1. Exercising choices
2. Keeping our power
3. Validating from within
4. Holding on to our sense of worth as a person
5. Stop comparing
6. Unlink self-worth from externals
7. Invest emotions in what we can realistically control
8. Happiness is a byproduct
9. Our happiness is our responsibility
10. Be alert for powerlessness combined with being trapped
11. Obtain equal power in relationships
12. Build network of “attachment relationships”