

# Make your mental health a priority

Setting goals and evaluating progress are regular habits of successful people. The goal-setting process that you will learn in this challenge can be used to set goals for any aspect of your life. Participate in this challenge to increase your awareness about mental health.

Use the information you learn over the course of the mental health campaign to develop at least one specific goal that you will implement related to mental health and well-being. Write your goal in the space provided. Believe in yourself, believe in your goal. You can do it!

## Challenge log: Set goals for yourself and your mental health

Campaign call to action	I will...
Make a commitment to learn as much as possible about mental health and do your part to reduce the stigma.	
Take charge of your lifestyle and make your mental health a priority.	
Visit with a health care provider or mental health professional as soon as possible if you notice symptoms of poor mental health in yourself or others.	
Pay attention to the mental health needs of children, teens and older adults in your family or community.	
At the earliest signs of stress, take steps to prevent negative feelings. If you begin to experience feelings of anxiety or depression, seek professional mental help immediately.	
Make a list of the questions or concerns that you'd like to discuss with any health care provider or mental health professional you may visit.	
Foster a positive and supportive work culture so that troubled co-workers feel safe asking for and receiving help.	
Be positive and hopeful. Take care of yourself so that you can support and care for others.	

Your name: \_\_\_\_\_

Date: \_\_\_\_\_

Your signature: \_\_\_\_\_

**Thank you for participating in this challenge!**



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