



Just like a cast can't heal a broken leg, psychiatric meds can't do all the work of getting us through mental health challenges. Meds can help us achieve our goals, but we have to get active too.

Ask yourself: What do I do to feel better _____ and how does it help _____.

Here are some examples:

- ▶ What I do to feel better *is read spiritual teachings* and it helps *bring me peace so I feel less anxious.*
- ▶ What I do to feel better *is weed my vegetable garden* and it *gets my mind off my troubles.*
- ▶ What I do to feel better *is look at photos of my friends* and it *reminds me I'm loved when I'm feeling bad about myself.*

All of these are examples of Personal Medicine. Personal Medicine is what we DO. Psychiatric medicine is what we TAKE. They work together to help us through our mental health challenges.

Now it's your turn to discover your Personal Medicine and to make a plan for using it.



My Personal Medicine

My Personal Medicine Plan



What I do to feel better:

I will use this Personal Medicine when:

how it helps me:

fold
line

I will share my Personal Medicine with: