



# Mental Health Spokes

**Mental Health 🌀 SPOKES**

## **Personal Mental Health Plan**

By Shannon Jacuzzi

🌀 SPOKES was created to help wellness seekers develop their own Personal Mental Health Plan (PMHP).

Like the many 🌀 spokes of a bicycle wheel, there are many actions you can take to enhance your overall sense of wellbeing, while keeping faith at the hub.



Having a plan is better than not having one!


Comments:



Debra Mason – "Great for people trying to organize a path to healing."



## **SPOKES Personal Mental Health Plan**

### Dedication and Quick Synopsis

The  SPOKES Personal Mental Health Plan workbook is dedicated to my sister, Stacey Jacuzzi Antes. Her journey and loss in 2004 inspired me to initiate and promote the lime-green ribbon for mental health awareness and advocacy. Today, the green ribbon has been widely adopted by nonprofits, medical organizations, and corporations to promote mental health and awareness. This workbook continues the mental health awareness journey I began in her memory and is a byproduct of my own mid-life mental health experience. This workbook could have helped.

The  SPOKES Personal Mental Health Plan (PMHP) is like an exercise regimen; there are various components to consider and research. You will create your own mental health plan in cooperation with your physician, medical team, and support teams. Seeking good mental and brain health needs to be normalized. Like the many spokes of a bicycle wheel, there are numerous actions you can take to enhance your overall sense of well-being while keeping faith at the hub.  SPOKES PMHP is designed for anyone seeking good mental health or managing symptoms or a diagnosis.

**Having a plan is better than not having one!**

## **Medical Disclaimer**

The information provided in this workbook is for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding medical conditions. Never disregard professional medical advice or delay in seeking it because of something you have read in this workbook.

By using this workbook, you acknowledge and agree that you assume full responsibility for your health and that of your dependents. The author and publisher are not responsible for any errors or omissions or for any outcomes related to the use of the information contained in this workbook.

If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately. 988 is the number to the National Suicide Hotline.

The content in this workbook is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Reliance on any information provided by this page is solely at your own risk.

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## **SPOKES Personal Mental Health Plan - Introduction**


Carl Sandburg once said, "I'm an idealist. I don't know where I'm going, but I'm on my way."


Good mental health is like a bicycle you ride for life's mysterious journey. We can't predict every trial or opportunity, but we can focus on improving our overall sense of wellbeing, our mental health, through community, goal setting, research and hope. Think of mental health as the  spokes on a bicycle wheel, with God at the hub, central to our well-being. We strengthen our wheel by thoughtfully adding  "spokes"- the various ways you can improve your mental health. These  spokes should be discussed with your medical team, and you can research articles online as you write your Personal Mental Health Plan (PMHP).



 The  SPOKES Personal Mental Health Plan starts with support teams that you create, then focuses on various health components such as journaling, exercise, sleep, faith and more.



 SPOKES PMHP isn't about toughing it out but working together with three accountability teams: Medical, Social, and Spiritual to find the plan that works best for you. It's your plan. You



journal, document and research, so that you add

 spokes that benefit you and are approved by your Medical Team and Therapist.

 Crafting a personal mental health plan will require effort and time. Once it is in place, you can monitor and modify as needed.

 Journaling and self-scoring (1-5) help track progress is beneficial. Consider using a separate journal/notebook or app for daily or weekly scoring. Self-scoring (1-5) and other considerations such as exercise will be covered in  SPOKES 2.

 Add  SPOKES over time that enhance your life and avoid those that are detrimental to your mental health.

 Faith plays a central role in achieving better mental health and an overall sense of well-being. This component was essential in my recovery, and I hope faith will be included in your PMHP. Faith is at the hub, and central to  SPOKES PMHP, providing strength, peace, and comfort. Knowing there is a loving God who cares for you no matter what brings hope.

## **SPOKES PMHP Introduction – Why?**

Like a fitness plan, a Personal Mental Health Plan (PMHP) is beneficial to an overall sense of well-being. While many people create fitness, diet, or financial plans, they often overlook mental health planning. Just as we maintain our physical health through exercise and regular check-ups for the heart, kidneys, liver, and cancer screenings, it is important to adopt a PMHP. Mental and brain health are just as important.

A PMHP is for anyone over the age of 18 who is interested in planning and focusing on mental health. This includes health enthusiasts, athletes, and any adult interested in setting goals for better mental and brain health, as well as those with mental health diagnoses.

Of note, professional athletes and Olympians now recognize the importance of mental health in gaining a competitive edge. Many notable athletes have shared their mental health journey with the public, helping to break the stigma and encouraging others to seek support. The trend towards improving mental health and reducing stigma is gaining traction.

Although basic tenets of mental health—good medical care, social connections, exercise, sleep, stress reduction, and avoiding negatives—are the same.

everyone's experience in achieving overall mental health is unique.

A PMHP can help individuals with diagnoses organize a recovery plan. People may receive diagnoses early in life, during college, postpartum, while parenting, and throughout various stages of adult life. Stress was my culprit, and I believe this plan could have helped me avoid and combat many trials.

Stigma should not prevent you from seeking optimal mental health. Mental health is less stigmatized because of the work of many non-profits, advocates and educational institutions, with greater acceptance of issues such as ADHD, depression, and anxiety. Schools and beyond are making strides to make mental health more socially acceptable.

Workplaces are becoming more sensitive to mental health, offering sick time, FMLA, and compassionate leave. So it is good to know you can speak with your employer.

The public is increasingly health-minded, taking proactive steps with sleep, rest, exercise, diet, lowering stress - all contributing to better mental health.

**Seeking good mental health needs to be normalized!**

**Having a plan is better than not having one!**

## SPOKES 1


### SPOKES Personal Mental Health Plan - The Basics

#### **Creating Three Support Teams:**

- ⦿ People may be at various stages of developing the three support teams necessary to this PMHP - medical, social, and spiritual. However, these teams are central to having a PMHP that will be beneficial, as they add layers of support and accountability.
- ⦿ The goal is to create your own Personal Mental Health Plan (PMHP) in cooperation with your counselor and medical team (those you see regularly or periodically for your health or mental health).
- ⦿ This workbook will cover topics you can research and discuss with your medical team. Please see Medical Disclaimer on "Dedication and Quick Synopsis Page."
- ⦿ Additionally, you develop teams for social and spiritual support. Having support is essential.

#### **Journal:**

- ⦿ Journaling and research - score 1-5 each entry.

- ⦿ Also track exercise each day, (le. walked 30 minutes), personal wins, helpful  spokes, good deeds towards others, prayers and answered prayers.
- ⦿ See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.

#### **Sections of your PMHP:**

- ⦿ Some sections will include Yes / No questions.
- ⦿ Certain sections will ask you to list names and provide contact information.
- ⦿ Other sections will give space for you to write specific actions you currently do or hope to take.

#### **Review:**

- ⦿ Periodically review your PMHP. Tweak, add to, or modify it as needed. Using a pencil may be useful.

#### **Share:**

- ⦿ Once you have a PMHP in place, consider sharing it with others who might benefit from developing their own PMHP.

## SPOKES 2

### Journaling and Scoring 1-5 with each entry

Many people find journaling helpful. This would be a separate activity from this workbook, but it would complement and be a part of your PMHP. Choose one of three types of journals to effectively track trends and setbacks, score how you feel, notate exercise, progress, learning, etc.









### Consider keeping a journal. Score 1-5 with each entry.

1- Journal\* - Buy a separate notebook, journal daily.

2- Journaling apps\* are available online.

3- Gratitude Journal\* - A daily grateful list.

### **In your journal, consider notating**

-  **Trends and setbacks, Score 1-5**
-  **Exercise time each day, (I.e. walked 30 minutes), personal wins.**
-  **Helpful  spokes, good deeds towards others.**
-  **Prayers or answered prayers.**
-  **See if you can find articles online that discuss these various topics.**
-  **If you would like, list articles and authors in your journal.**
-  **Consider creating a computer document of articles (research) for future reference.**



### Journaling and Daily Score 1-5 – How do you feel?

This will help you to track trends and setbacks.

1-excellent

2-good

3-average

4-not good

5-struggling or crisis (dial 988 for crisis or distress)



### SPOKES 3

#### **Mental Health Diagnosis, Medications and Supplements**

##### **1-List all Mental Health Diagnosis and Medications**

(ie. Depression / Medication A / Each morning)

Of Note: Many are beginning to focus more on specific symptoms rather than broad categories such as "bipolar" to capture the nuances of each person's experience. Future advancements in diagnostic testing, such as bloodwork, might allow us to pinpoint specific biological, genetic, or neurological factors contributing to an individual's mental or brain health. This could lead to more tailored treatments and biologically accurate diagnostics. Personalized diagnostic testing could reduce the stigma often associated with symptom-based DSM-assigned diagnostic terms. The stigma associated with these current terms can often be much more of a burden to bear than the actual symptoms themselves.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

**For the purposes of PMHP, please list mental health diagnosis or challenges you face:**



## SPOKES 4

### **Other Health issues**

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

### **Non-mental health diagnosis**

**List all:**

Example - high blood pressure (medication used)

### **Unexplained symptoms**

**List all:**

Example - face rash, dizziness, blurred vision, etc.

### **Supplements**

Check with your Medical Physician and Nutritionist (Medical Team) to see if supplements would be beneficial or detrimental to you.

**List all:**

Example - multi-vitamins, probiotics, etc.

### **Genetic illnesses**

**List all:**

Example - siblings have ADHD, etc.

## SPOKES 5

### **Your Medical Team**

With SPOKES PMHP it is central to have a Medical Team of qualified healthcare professionals. This can include your Primary Care Physician, Psychiatrist and other Specialized Physicians. You will have a Medical Team, a Social Team and a Faith Team. Good health supports good mental health.

*(Don't hesitate to "shop" around to find someone you trust and feel comfortable with. Without this trust, you will not be able to benefit from these relationships.)*

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

### **1-Primary Care Physician**

Name / Title / Phone number / email

**List:**

### **2-Psychiatrist:**

Name / Phone number / email

**List:**

### **3-Specialty Care Physician/s or Medical Advisors**

(ie. ObGyn, Endocrinologist, Nurse Practitioner, etc.)

Name / Title / Phone number / email

**List:**

## SPOKES 6

### **Therapist or Counselor (Medical Team)**

Having a Therapist, Counselor, Coach, Psychologist or Social Worker is a mental health benefit, and they are considered part of your Medical Team.

Developing your PMHP would require more time in the beginning and working with a therapist can be helpful in getting your plan and goals in place. They are good resources for accountability.

Many Counselors work online through tele-health, and many health insurance plans cover therapy/counseling both in person and online.

*(Don't hesitate to "shop" around to find someone you trust and feel comfortable with. Without this trust, you will not be able to benefit from these relationships.)*

NOTE: Therapists, counselors, coaches, psychologists and social workers can discuss other specialized therapies. Such therapies include EMDR (Eye Movement Desensitization and Reprocessing), trauma, neurofeedback, biofeedback, addiction, among others.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

### **Therapist, Counselor, Coach, Psychologist or Social Worker, etc.**

Name / Title / Phone number / email

**List all:**

### **Recommendations and therapies:**

## SPOKES 7

Notes:

### **Annual Physical with Primary Care Physician - PCP (Medical Team)**

Good health supports good mental health.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

### **Do you go yearly for an Annual Physical?**

Yes / No

Date of Next Appointment:

### **Are you drinking the daily required water your physician recommends?**

Yes / No

## SPOKES 8

Notes:

### **Bloodwork from Physicians Visits**

Bloodwork can uncover deficiencies or health issues (ie. Iron deficiency, autoimmune, diabetes, etc.)

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

### **Visited Dr:**

### **Date:**

### **Noteworthy Results:**





## SPOKES 9 – Part I



### **Nutritionist and/or Allergy Specialist (Medical Team)**

Going to a nutritionist can help you plan your diet. They can also provide feedback and accountability, ensuring you meet your goals. Additionally, they may offer blood tests to identify any food allergies, which can contribute to health or mental health issues. Many nutritionists offer online sessions, and they are often covered by health insurance.

### **Diet – Focusing on What You Eat, consult your Nutritionist**

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

-  Discuss the Gut Biome and Gut-Brain Axis.
-  Discuss various diets that can be beneficial to certain people, such as the Keto Diet, Mediterranean or Autoimmune diets, etc.
-  Research Dr. Chris Palmer's research on Keto Diet.
-  Buy Organic when you can.







-  Learn about nutrition and its role in healing. Eat healthy home-cooked meals and snacks instead of fast food. Consider organic non-processed food.
-  Garden and grow healthy food.


### **Notes – What You Eat**

## SPOKES 9 – Part II

### **Diet – Focusing on What You Should Limit, consult your Nutritionist**

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

-  Find out about toxins and foods to avoid or limit.
-  Blood tests can be administered to find allergies that can cause mental health issues. Examples include gluten, peanuts, milk products, etc. Find what you are sensitive to and avoid.
-  Seek your Nutritionist's advice on what other foods you should limit or eliminate (ie. processed foods, food dyes, etc.)
-  Discuss caffeine intake optimal to your mental health.
-  Discuss alcohol consumption to minimize any detrimental effect to your mental health.
-  Any substance should be discussed with your physician. Do not purchase drugs online; their quality is not regulated and can be harmful.

-  Discuss dieting “perfection” – no one is perfect! Seek advice on treats, holidays and vacation.

### **Notes – What You Should Limit**



## SPOKES 10

### **Fitness / Exercise Regimen**

Follow a fitness or exercise routine approved by your doctor. If you can get a personal trainer, that's great. Good health supports good mental health.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

### **Personal Trainer:**

### **Write your Exercise Regimen Here:**

Cardio:

Classes:

Stretching:

Weights:

**Notes:**

## SPOKES 11 – Part I

### **Sleep, Rest and Stress-less Plan**

Emphasize restorative sleep, rest and reducing stress. These are essential (crucial) to optimize mental/brain health.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

- ⊕ Establish a consistent sleep schedule.
- ⊕ Read online tips to establish a restful night's sleep.
- ⊕ Look into apps for sleep and breathing. Many people use digital watches to track their sleep.
- ⊕ Look online for free breathing exercises.
- ⊕ If you have a job that interferes with a regular sleep pattern, discuss this with your employer and Human Resources Team.
- ⊕ Sabbath Rest: One day a week lay low, have fun, don't work, enjoy friends and family.

- ⊕ Stress Awareness and Reduction: Identify stressors and implement strategies to reduce stress.
- ⊕ Note Triggers. Work with your therapist or counselor to address your triggers.
- ⊕ Mindfulness – is about being in the moment. Work to live in the now, not yesterday or tomorrow.
- ⊕ If you are an overthinker, research this with your therapist or psychiatrist to see what there is for you.
- ⊕ Self-care: Spoil yourself sometimes. Maybe a walk in nature, a weekend getaway, a day at a spa, massage or nice-smelling candles, etc.

### **Notes:**

## SPOKES 11 – Part II

### List of Some of the Top Stressors

**Check if you are experiencing, research online articles and books.**

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

- ⊗ Loss of a loved one: The death of a family member, friend, or pet.
- ⊗ Relationship issues: Marital conflicts, divorce, or interpersonal problems.
- ⊗ Loss of a job: Unemployment or job uncertainty.
- ⊗ Demanding jobs: Extended working hours, and difficult work environments.
- ⊗ Moving, starting a new job, or retiring.
- ⊗ Chronic illness or injury.
- ⊗ Finances and providing.
- ⊗ Family duties: Childcare, aging parents, or other dependents
- ⊗ Traumatic events: Experiencing violence, accidents, or natural disasters or unresolved past trauma.

### Assess Stressors

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

### **Social Readjustment Rating Scale (SRRS) –**

Find this tool online. It scores the chance of stress related illness:

Less than 150 life change units equals a 30% chance of stress related illness.

150 – 299 life change units equals a 50% chance of stress related illness.

Over 300 life units equals an 80% chance of a stress related illness.

### **Notes:**

## SPOKES 12

### **Social (Support Team)**

Friendship is where fun and fellowship can be had through hobbies, traveling, supporting favorite sports teams, fishing, shopping, and enjoying coffee, lunch, and dinners together. Surround yourself with close friends who like to have fun and who also care and can offer support. You should have a network of friends you can confide in. There is no special number, but one friend is usually not enough.

A social circle of friends is great, but focus on developing a few close friends you can confide in when you are having a difficult time with health, work, family, etc. Hopefully, your friends will pray for you and care for you in good times and bad times. No friend is perfect, and it is important to mutually care about your friends' needs as well. Give and take is important.

Some family members might provide good support to you. Consider those on your support team.

Special support groups, such as Mothers of Young Children, NAMI (National Alliance on Mental Illness), or Alcoholics Anonymous are potential social support groups.

Learn to let go of those people who are not good for your mental health. This is hard to do sometimes and

may require feedback from your therapist, faith, and social teams.

Pets: Of course, a pet is a special companion. Having one can enhance your life as you strive to achieve your best mental health.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

### **Close Friends or Family for Mutual Support:**

Name / Number / Email:


## SPOKES 13

### **Recreation and Fun**

Engage in hobbies and activities that bring you and others joy. Recreation and fun is important to your mental health!

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

 **List your hobbies and activities**

 **List vacations or travel you are planning (friends or friends)**

**Notes:**

 **Books you like to read or Favorite Movies**

## SPOKES 14 - I

### **The Company You Keep and Conflict**

This section is for identifying people or places that are not benefiting your mental health. It may include certain social groups, online activities, locales, or co-dependent or toxic relationships that bring stress. Consider how you feel when you are there and how you feel afterward. Certain people and places can drain your mental health, so be sure to draw upon your teams when you do not feel comfortable.

Conflict is part of life. People of faith should always try to reconcile with others. However, relationships and reconciliation require two people, so sometimes this is not possible. Boundaries may need to be set for your mental health and well-being. Take control of what you can control as soon as possible, and let the rest go. A willingness to reconcile and prayer are what you can control.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

A good reference:

Cloud, H., & Townsend, J. (1992). *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*. Zondervan.

### **Notes:**

## **SPOKES 14 - II**

### **The Company You Keep – Family Relationships**

#### **Family: Spouse, Children, Extended**

The area of family relationships is broad and can bring on high stress when issues are not resolved. It takes two willing people to resolve.

Do these relationships provide support and resolution or stress?

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

Pick your life partner carefully, keeping an eye out for red flags. Working together as a team to love, care what each other thinks and feels, and support each other on life's path.

Children and family dynamics are complex, and counseling, resources and support is recommended when there is conflict that does not resolve to the positive for all involved.

Safety is central to mental health.

What is your situation and plan? What is in your control and what is not?

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

### **The Company You Keep and Your Job**

#### **Work: CoWorkers, Boss. Customers**

The area of job relationships and job stressors can bring on high stress when issues are not resolved.

Do these relationships provide support and resolution or stress?

What is your situation and plan? What is in your control and what is not?

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)





#### **Notes:**



## SPOKES 15

### **Faith (Faith Team)**

Seek support and prayer from your Faith Community/Team.

-  Join a church and attend regularly.
-  Stay in touch with a pastor or priest.
-  Become part of a small group at your church or join a Bible study that is supportive and promotes friendships.
-  Find Charitable Ways of Giving.

God loves you and He wants you to take care of yourself first. Like the mother and child on the airplane, the mother is to put the mask on herself first and then on the child. If you don't take care of yourself and your mental health, you won't be able to fully care for others.

Many people struggle with self-worth because they don't know to look into the mirror of what God says about you. What God says about you is who you truly are – you are not a diagnosis, job, social status. Don't rely on circumstance, or others' opinion to define your worth and value.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

**Name of Church / number**

**Name of Pastor or Priest / number / email**


**Name of Small Group Leader / number / email**

**Small Group Members You Know / number / email**






**Notes:**

## SPOKES 16 – PART I

### More SPOKES:

 Spokes are the many things you can do to improve mental health – and some are not medicine or counseling related. It's good to know there are more things you can do than take medication. Some things may help some and not others. You may have ideas to add to these possibilities. As science and technology progresses, surely there will be much more.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)










-  Apps available for purchase where you can track your mental health
-  There are many wearable and purchase-able items for Stress and Anxiety Reduction for sale online. Research and seek doctor approval (Ie. Weighted blanket, oil diffuser, glucose monitor)
-  Research Grounding – which is free by walking on the grass or sand.
-  Light Therapy is especially beneficial for Seasonal Affective Disorder (SAD). Various colored lights offer differing features like anxiety and sleep assistance.
-  Walks in Nature, outdoor activities.

## Notes – Additional Spokes ideas:

## SPOKES 16 – PART II

### More SPOKES:

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)


-  Glasses for ADHD.
-  Genetic testing to analyze your DNA for disease.
-  Blood tests for medication effectiveness – finding the best medication for your genetics.
-  Avoid toxins in cleaning supplies and products – use earth-friendly, fragrance-free products.
-  Avoid cooking in plastic ware.
-  Use appropriate sunscreen.
-  Wear natural fibers such as cotton.
-  Clean air in the home. Clean ducts, change air filters. Mold awareness, buy air purifier.
-  EMF (Electromagnetic field) protection - research this.

Notes – Additional  Spokes ideas:













## SPOKES 17 – PART I





### Spokes – Mindset:

"The greatest discovery of my generation is that a human being can alter his life by altering his attitude" – William James

Make your own  SPOKES list of things you can work on for the year. Read mental health articles for ideas. Here are some examples of what I have found online:

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

-  Stress reduction and rest – List ideas as this is a very important to mental health.
-  Organize your space and keep it uncluttered.
-  Simplicity – less you own, less dust, clean, debt. more energy and time.
-  Speak kindly to yourself.
-  Communicate often with your family.
-  Take a daily walk, invite others..
-  Get daily sunlight.
-  Avoid junk food.
-  Moderate caffeine.
-  Don't overcommit yourself.
-  Find "win-win" relationships to rely on.
-  Limit one-way relationships.














-  Find your true identity in God – research Bible verses and online articles about this topic.
-  Learn about God's love for you and rest in that.
-  Believe and see the positives about yourself instead of focusing on the negatives.
-  Positive attitude and thankfulness instead of negative.

### Notes – Additional Spokes ideas:

## SPOKES 17 – PART II

### Spokes – Mindset continue:

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

-  Seek a Job with a fixed schedule or to work from home. Inquire about FMLA if needed.
-  Church attendance, Study groups, worship, journaling.
-  Read self-help books like Carlson, R. (1997). *Don't Sweat the Small Stuff... and It's All Small Stuff*. Hyperion.
-  Work together with your Teams to have a positive and hopeful attitude.
-  Find hobbies or activity groups in your area or online that are beneficial to you.
-  Encourage a friend in their mental health.
-  Address childhood wounds.
-  Consider AI for feedback.
-  Daily Devotion and prayer.
-  Learn to say “no.”
-  Face fears such as failure,
-  Face self-esteem issues.
-  Limit computer screen time and social media, especially after 10pm to get a good night's rest.

-  Join online Social Media Groups for positive encouragement.
-  For Worship – Join Facebook Group Wednesday Worship – A Virtual Concert.
-  For Mental Health – Join Facebook Group Mental Health  Spokes.

**Notes – Additional  Spokes ideas:**

## SPOKES 18

Notes:

### **What Not to Do? - Examples:**

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

- ⊗ Bolemia or Anorexia – Discuss with Nutritionist and Physician.
- ⊗ High Stress situations – Must address.
- ⊗ Too much caffeine.
- ⊗ Any substance abuse.
- ⊗ Smoking.
- ⊗ Certain Over-the-counter Drugs.
- ⊗ Online Recreational Drugs.
- ⊗ Drugs.
- ⊗ Toxins or fragranced soaps/cleaners (allergy).

### **What to Do? - Examples:**

- ⊗ Monitor Pregnancy and Postpartum and Menopause.
- ⊗ Thyroid / other conditions relationship to mental health.
- ⊗ Lymes disease.
- ⊗ Panic attacks.
- ⊗ Long term relationship break-up or divorce.
- ⊗ Long term care or loss of loved ones.
- ⊗ Job issues.
- ⊗ Financial difficulties.

## SPOKES 19

Notes:

### **Financial Plan and Budget**

Manage your finances to reduce financial stress. Being in debt without a plan leads to stress, so creating a budget is useful. Avoid overspending and consider savings.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

Yes / No

Budget



**Dental Care**

Keeping up with regular dental care should be a part of any PMHP. Good health supports good mental health. (ie. Teeth grinding, gingivitis, self-esteem, etc.)

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

Have you set up your next appointment?

Yes / No

Appointment Date

## SPOKES 21

Notes:

### Eye Care

Keeping up with regular eye care should be part of any Personal Mental Health Plan. Good health supports good mental health. Research this online (ie. Sunglasses, light exposure, sleep)

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

Have you set up your next appointment?






Yes / No

Appointment Date


## SPOKES 22

### **Mental Health Stigma and Compassion**

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

-  Stigma will take time to diminish. More and more people are beginning to take care of their mental health.
-  Meanwhile, try not to use terms like "crazy," "insane," "insane asylum," "psycho," or "psychotic."
-  Similarly, avoid phrases like "toughen up," or "grin and bear it," you need more faith, you are not praying hard enough.
-  Some words like gaslight and trigger may be overused, but it is still important to listen to one another with compassion instead of stigma. If something triggers you, avoid it and discuss it with your counselor so as to heal. Give yourself grace in the process of healing.
-  Feeling alone can be the hardest. Be sure to find your social and faith support team friends who can share your journey.

### **Notes:**

-  Compassion and understanding are growing for those most affected. We all need to learn compassion for where someone is and give hope and support in the ways that we can.

## SPOKES 23

### Helpful Resources

#### 1. **Gut Biome – Relationship between the Gut and the Brain**

- Blum, S. (2013). *The Immune System Recovery Plan*. Scribner.

#### 2. **Boundaries and Conflict**

- Cloud, H., & Townsend, J. (1992). *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*. Zondervan.

#### 3. **Mitochondria's Role in Mental Illness and Keto Diet**

- Palmer, C. (2022). *Brain Energy*. BenBella Books.

#### 4. **Authenticity**

- Brown, B. (2010). *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*. Hazelden Publishing.

#### 5. **Depression and Faith (Video Series and Books)**

- Peterson, J. *Various Video Series*.

#### 6. **Autoimmune can be related to Mental Health**

- Goldner, B. (2018). *Goodbye Autoimmune*. CreateSpace Independent Publishing Platform.

#### 7. **Role of Inflammation in Mental Health Symptoms**

- Cahalan, S. (2012). *Brain on Fire: My Month of Madness*. Free Press.

#### 8. **Stress Management**

- Carlson, R. (1997). *Don't Sweat the Small Stuff...and It's All Small Stuff*. Hyperion.


**List other resources, books, videos or social media that is helpful to you:**

## SPOKES 24

### Spokes PMHP Complete!

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

#### To Consider your Spokes PMHP Complete!

- ☐ Did you complete Sections 1-25 of the workbook?
- ☐ Also did you complete Supplements (when added) to Sections 1-25?
- ☐ List 1 to several things you have learned from your research in your Journal or separately.
- ☐ Name 1 to several  "Spokes" (mental health strengthening practices) you will add to your lifestyle in your Journal or separately.
- ☐ Write an annual synopsis of your year in your Journal or separately.

#### Congratulations on Completing your

Mental Health  Spokes

Personal Mental Health Plan!

## Having a plan is better than not having one!

### Extra:

-  Going forward - Each year/January consider an annual synopsis of your year.
-  Continue in accountability groups where you learn, grow and enjoy life together.
-  Invite a friend to complete their PMHP.
-  Join FB Group Mental Health  Spokes for mental health encouragement.
-  Consider joining FB Group Wednesday Worship – A Virtual Concert.o

### **Notes:**



## Other important information:

### **Emergency Plan**

Have an emergency plan in place. Direct loved ones to this page for contact information.

(See if you can find articles online that discuss these various topics. If you would like, list articles and authors in your journal.)

### **Emergency Contact (family or friend):**

Name:

Phone:

### **This section is to note the Mental Health Physician to call on in case of Emergency:**

Name:

Phone:

Care Facility:

## Authorization for Medical or Psychiatric Treatment and Hospitalization

I, [Your Name]\_\_\_\_\_, hereby authorize [Authorized Person's Name]\_\_\_\_\_, who is my [relationship to you, e.g., spouse, parent, friend]\_\_\_\_\_, to make medical and psychiatric treatment decisions on my behalf, including but not limited to hospitalization, in the event that I am unable to make such decisions for myself. This authorization includes, but is not limited to, the following:

1. **Medical Treatment:** Decisions related to any medical treatment, procedures, medications, and interventions as deemed necessary by my healthcare providers.
2. **Psychiatric Treatment:** Decisions related to any psychiatric treatment, therapy, medications, and interventions as deemed necessary by mental health professionals.
3. **Hospitalization:** Consent to hospitalize me in a medical or psychiatric facility if deemed necessary by healthcare providers or mental health professionals.

## Authorized Person's Information:

- Name: [Authorized Person's Name]  
\_\_\_\_\_
- Relationship to Me: [Relationship to You]  
\_\_\_\_\_
- Phone Number: [Phone Number]  
\_\_\_\_\_

This authorization is effective immediately and shall remain in effect until revoked by me in writing. Any revocation of this authorization shall not affect any actions taken by the authorized person prior to the receipt of such revocation.

## Signature:

- [Your Signature]  
\_\_\_\_\_
- [Your Printed Name]  
\_\_\_\_\_
- [Date]  
\_\_\_\_\_

NOTE: This form is helpful to discuss in advance.