

ALIVE TO THRIVE™

Menu for Mental Health Habits

Emotional: How are my perceptions and thoughts dancing with my emotions? Do I need to interpret some things differently? Do I feel lonely? Do I feel anxious?

Mental: How am I managing my thought bubbles? What is going on in my thoughts and why?

Physical: What do my behaviors tell me and others about what is happening under the surface? Am I exercising to take care of my brain and body? Am I going to sleep before midnight to allow my brain to repair itself overnight?

Relational: Am I involved in healthy relationships? Am I allowing the right people to have the more powerful votes in my life? Who do I choose to SPEND and INVEST my time with? What, if anything, would you change about your family relationships?

Spiritual: Am I spending time with God? What is going on my prayer life? How am I responding to the incredible invitation of God's Word? Am I pursuing Christ? Do I see relationship with Christ as an invitation instead of an obligation?