

A SELF-HELP GUIDE FOR CREATIVES BY CREATIVES

MENTAL HEALTH

KEEP IT SIMPLE

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QUESTION

DO YOU WANT TO HAVE BETTER MENTAL HEALTH?

START BY ASKING YOURSELF THESE 3 QUESTIONS. READY?

WHO OR WHAT IS THE CAUSE OF MY SUFFERING CURRENTLY?

HYPOTHETICALLY, IF I WAS NOT SUFFERING WHAT WOULD I BE DOING RIGHT NOW?

WHO IS IN CONTROL OF MY LIFE?

SOLUTION

A BETTER WAY OF THINKING IS WHAT YOU DESIRE?

HERE ARE 6 ANSWERS TO THE PREVIOUS 3 QUESTIONS.

1. REGARDLESS OF THE CAUSE OF MY SUFFERING, I AM RESPONSIBLE FOR THE CHOICES I MAKE.
2. START EMBRACING SUFFERING, SUFFERING IS A GREAT LIFE LESSON, SUFFERING TEACHES COMPASSION.
3. I WOULD SPEND MY TIME DOING THE THINGS I LOVE TO DO.
4. I WOULD BE ENJOYING EVERY MOMENT OF MY LIFE IN EVERY WAY POSSIBLE.
5. I AM IN CONTROL OF MY LIFE.
6. I AM THE CONTROLLER OF MY LIFE.

TIPS

YOU SHOULD PRACTICE MAKING THESE TIPS A HABIT.

HERE ARE 9 TIPS TO HELP YOU ALONG YOUR JOURNEY.

1. WRITING OUT HOW YOU FEEL IS IMPORTANT FOR HEALING AND MANAGING YOUR MENTAL HEALTH.
2. PRACTICE MINDFULNESS (MENTALLY BEING AWARE) IN ALL PARTS OF YOUR LIFE.
3. AVOID EATING A LOT OF JUNK FOOD OR FAST FOOD.
4. SPEAK ABOUT HOW YOU FEEL WITH SOMEONE YOU TRUST.
5. AVOID THINGS, PEOPLE, OR ENVIRONMENTS THAT MAKE YOU FEEL DOWN.
6. LEARN A CREATIVE NEW SKILL OR HOBBY.
7. WATCH VIDEOS ON HOW OTHER PEOPLE MANAGE THEIR MENTAL HEALTH.
8. TREAT YOURSELF BECAUSE YOU DESERVE TO BE TREATED WELL.
9. GET REST, KNOW WHEN TO GET YOUR REST.