

Steve Johnson, MA, LPC, NCC

Advocate Psychotherapy Services

Stevens Point, WI

800-681-2374

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Another handout in case you didn't get one

The full PowerPoint of your seminar

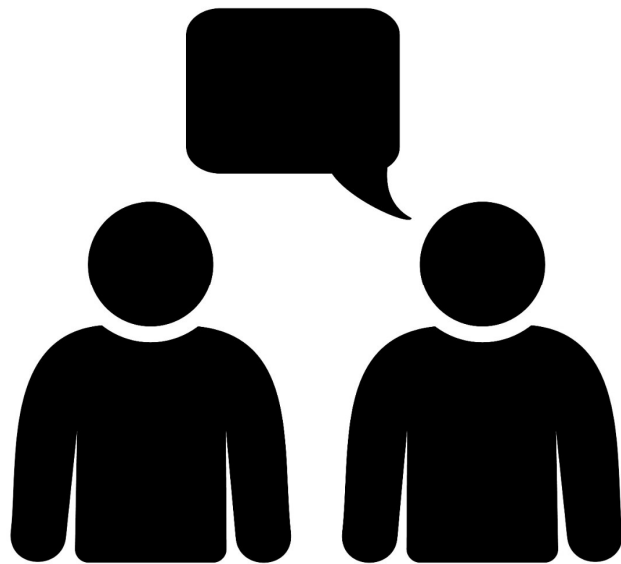
A T-Shirt order / payment option

Or to **Make an Appointment** to see a counselor



T.H.R.I.V.E.

Six simple steps
to improve your
mental health



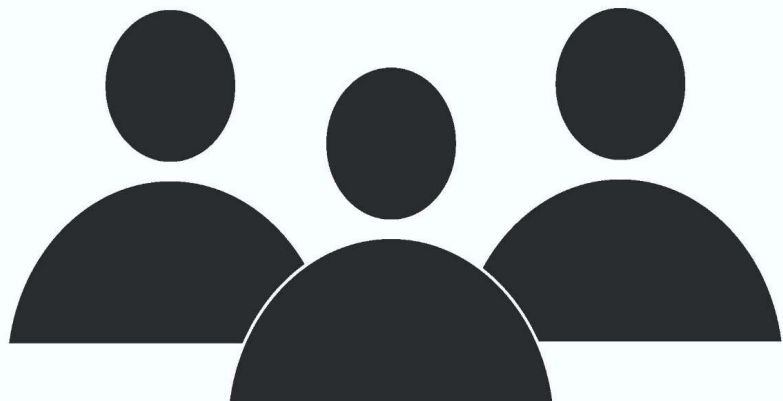
STEP 1:

TALK FACE TO FACE

Avoid defaulting to technology communication only

Technology cannot replace the value of physical proximity

A skill that will benefit you a lot



STEP 2:

H

ELP FROM A TRUSTED SUPPORT

Life is too hard to do alone

Your struggles are shared by
others that want to help

Go to your parent, a youth
leader, or a friend's parent



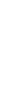
STEP 3:

REST YOUR BODY AND BRAIN

Take time away from stressors

Get 8-10 hours of sleep at night

Do not look at any screens and
leave time open in your evening





STEP 4:

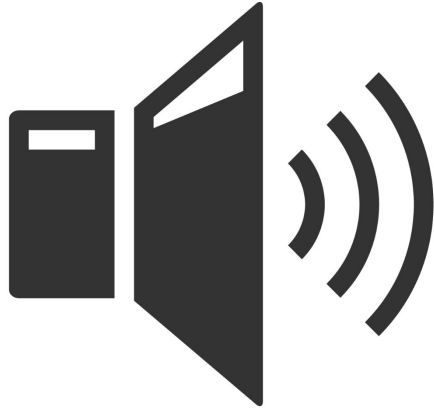
INITIATE COPING STRATEGIES

Little efforts can bring strength

Do simple activities each day
that you enjoy and value

A consistent effort over time
will help you feel better





STEP 5:

V ENT NEGATIVE FEELINGS

Avoid silence and isolation

Speak to a friend, pastor, &
God about what is wrong

Pain and problems cause us to
withdraw, so fight it by talking



STEP 6:

E

XERCISE OFTEN

An increased activity level
leads to a better mood

Running, walking, biking,
playing with the dog, etc.

30 minutes for 3 days a week





T.H.R.I.V.E.

- T** - talk face to face
- H** - help from a trusted support
- R** - rest the body and brain
- I** - Initiate coping strategies
- V** - Vent negative feelings
- E** - Exercise often

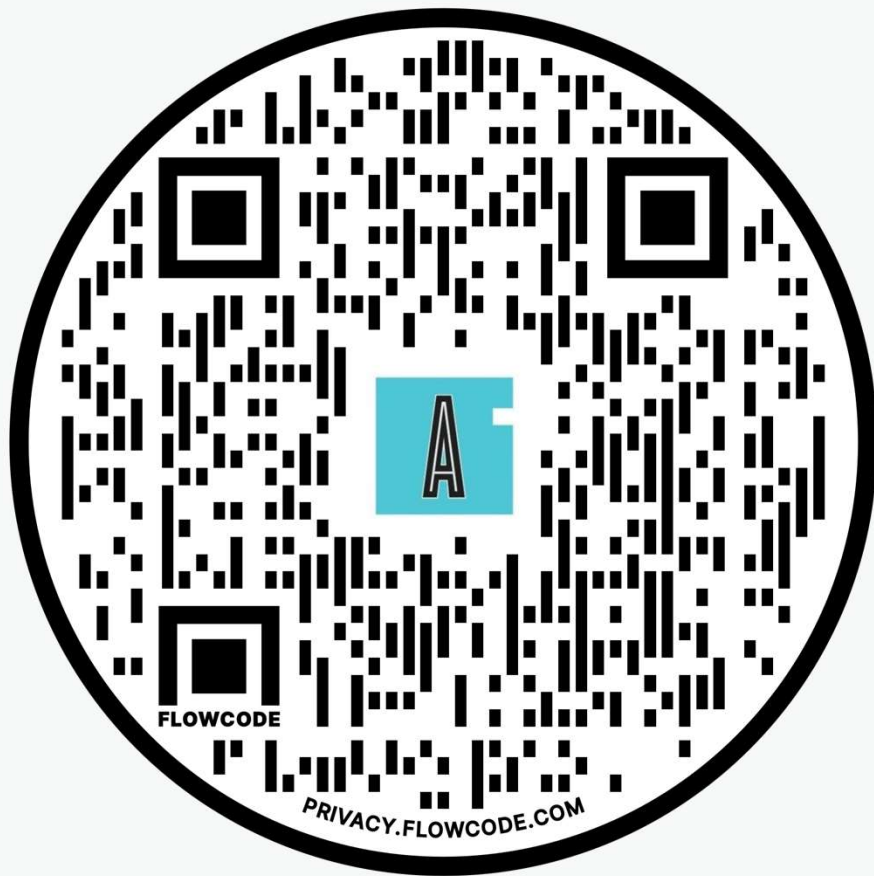


T.H.R.I.V.E.

Any Questions or Clarifications?

Steve's email is:

steve@advocatepsychservices.com



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