

# Mental Health Bank Account

**The goal:** Not to withdraw more than you deposit

There are things we can do to “fill us up,” and there are both planned and unplanned things that require us to use a lot of emotional energy and deplete us. Think about the specific things in your life that are withdrawals and the actions you can take to refill your mental health bank account.

## Withdrawal categories

- Breakups
- Death
- Family dynamics
- Health changes
- Job challenges
- Job changes
- Life transitions
- Moving
- Stress
- Other

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List your own specific withdrawals above

## Deposit categories

- Coping skills
- Fresh air
- Medication
- Movement
- Purpose/Meaning activities
- Self-care
- Sleep therapy
- Time with family or friends
- Volunteering
- Other

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List your own specific deposits above

Explore more [Real Goals and Supplemental Resources](#)

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)