



MENTAL HEALTH BANK ACCOUNT

*The goal is to not withdraw more than you deposit.

WHAT ARE YOUR WITHDRAWALS

- Stress
- Life transitions
- Breakups
- Moving
- Death
- Job changes
- Job challenges
- Health changes

List your own specific Withdrawals above

WHAT ARE YOUR DEPOSITS

- Self-care
- Coping skills
- Therapy
- Medication
- Fresh air
- Sleep
- Time with family or friends
- Movement

List your own specific Deposits above

