

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

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

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)