

# Take A.C.T.I.O.N. to Improve Mental Health

Looking to prioritize mental health, but not sure where to start?

Use the **A.C.T.I.O.N.** steps below to develop a clear, personalized framework for taking care of your emotional well-being—intentionally and proactively.



**A - Assess your mental health needs and the resources available to you.** Understanding your current mental health status helps you move beyond vague feelings to a more focused and informed starting point. Begin by taking an honest look at your mental health. Are there areas that need more attention? Consider taking an online mental health test at [mhascreening.org](https://mhascreening.org) to get a clearer picture. Once you've identified areas for improvement, make a list of what resources are available to you, for instance, **JHEAP**.

**C - Choose a course of action.** Based on your needs and available resources, choose a path forward that resonates with you and feels achievable. This could be anything from starting a daily meditation practice to seeking professional help. Selecting a realistic and resonant course of action gives you ownership over your well-being and keeps the process from feeling overwhelming.

**T - Take steps toward care.** Action turns intentions into progress. Even small steps begin to create momentum and shift how you feel. If you've decided to see a therapist, make that first appointment. If you want to incorporate more exercise for mental well-being, lace up those sneakers and take a walk today.

**I - Identify additional supports.** No one thrives alone. Knowing where (or who) you can turn to for support helps you feel more connected and less isolated. Identify people, pets, or even objects that can support your mental health goals. This could be a trusted friend, a support group, or creating a cozy corner in your home for relaxation.

**O - Observe what's working...or not.** As you implement changes, take time to evaluate their impact. Are you feeling better after a week of daily walks? Or perhaps that meditation app isn't quite clicking for you. Reflecting on what's working (and what's not) empowers you to adjust in a way that supports long-term growth and resilience.

**N - Nurture yourself.** Last but certainly not least, prioritize self-care and emotional well-being. This could mean different things for different people—from incorporating breathing exercises into your daily routine to attending a community event. The key is to engage in activities that replenish your mental and emotional reserves. Remember: Ongoing self-care isn't a luxury—it's the fuel that sustains your mental health journey.

So, are you ready to turn awareness into A.C.T.I.O.N.? Take that first step, however small it may seem. Your future self will thank you.

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