Texas Talks
Mental Health Worksheet

Aging well depends on factors inside and outside of our control. Genetics, life choices and our environment can all impact mental health. Our state of mental health influences how we feel, what we think about, and what we do. Having proactive conversations about mental health can allow you and your loved ones to make informed decisions.

1. How can you care for your mental health? Take a moment to identify some strategies that help you. There are many ways to keep your mind healthy including:
   - Sleeping well.
   - Eating a varied diet.
   - Managing stress.
   - Exercising regularly.
   - Seeking professional help when needed.
   - Stay connected to family, friends or neighbors.
   - Engaging in meaningful hobbies and activities.
   - Making sure physical and medical needs are fulfilled.
   - Reaching out for emotional support when needed.

2. What activities and hobbies keep you happy and fulfilled? For example, playing games with friends or staying involved in the community.

3. Share a tip you use when you are feeling down or not like yourself. For example, taking a shower, going for a walk, or calling a friend.

4. Do you have friends, family or neighbors close by who can help when needed? If so, this is an opportunity to get their contact information if you do not already have it.
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Mental Health Family Activity

Review this worksheet with your family before holding a conversation about mental health. Whether you will be talking with an older loved one or an older adult in the community, take a moment to come together and prepare.

1. Discussion question: What inspires you to stay on top of your mental health?
   
   Activity: Create a collage together that represents mental health, self-care and wellness. Include pictures of self-care activities you enjoy along with images that evoke courage, hope and resilience.

2. Discussion question: What self-care activities and hobbies do you enjoy?
   
   Activity: Invite each person to share an activity that helps them find relief when they are feeling down or under stress.

3. Discussion question: What coping skills and wellness strategies are you interested in practicing or learning more about?
   
   Activity: Explore different self-care activities or hobbies, decide on one or two, and practice them together as a group.