

MY MENTAL HEALTH TOOLKIT

Inside Marcy's Mind Companion Worksheet

Build your toolkit before you need it. Use this worksheet to identify the people, places, habits, and resources that help you stay mentally healthy.

My Emergency Contact Person

Name: _____

Phone: _____

My Go-To Walking Spot

My Feel Better Playlist

1. _____
2. _____
3. _____

Things That Make Me Laugh

Three Things I'm Grateful For

1. _____
2. _____
3. _____

BREAK GLASS IN CASE OF EMERGENCY PLAN

When I feel overwhelmed, anxious, stressed, lonely, or burned out, I will:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

MY BOUNDARIES

Things I will stop doing to protect my peace:

MARCY'S PLEDGE

- I will ask for help when I need it.
- I will take care of myself before I burn out.
- I will not wait for a crisis to use my tools.
- I will remember that my mental health matters.
- I will give myself grace on hard days.