



**MENTAL HEALTH AMERICA OF
GREATER DALLAS**

WORK AT HOME MENTAL HEALTH TOOLKIT

Tips & Tricks To Stay Productive and
Happy.

MENTAL HEALTH AMERICA OF GREATER DALLAS
MHADALLAS.ORG | @MHA_DALLAS

Our mission is to meet the mental health needs of the community through education, advocacy, and peer support.

CREATE A DESIGNATED WORK SPACE

1. Chose a space that will be your designated work space.
 - a. This can be a guest room, dining room. Light is a must!
And doors are a huge plus.
2. Adopt a plant or two and utilize essential oils.
3. Decorate with inspirational quotes, [See page 6 for printable quotes]
4. Check out Spotify playlists or sound apps.
 - You can listen to white noise or the background of a coffee shop.
5. Keep it organized, clean, and pick up by the end of the day.

MENTAL HEALTH TIPS

1. Make/Keep A Routine.

- Just because you are at home doesn't mean you can't have a routine. Routines promote time management and have been proven to lower anxiety.

2. Start At-Home Exercises

- Youtube has hundreds of free at-home exercises. Staying physically active will decrease depression and anxiety.

3. Invest in online Mental Health apps such as Moodpath, Daylio Journal, Youper.. etc.

4. Spend time unplugged and doing an activity you love.

5. Stay in community.

- Utilize video chat rather than texting. Oovoo, Skype, Facetime, Zoom, and other apps can be used for this.

6. Take a free mental health screening at: www.mhadallas.org/help/

PRODUCTIVE DAYS AT HOME

1. Download productivity apps like Productive, Flora, Productivity, Forest... and more
 - Without peer accountability, it can be difficult to focus. Luckily there are plenty of apps that can actually help you plan and stay on task.
2. Make a to-do list for each day.
 - These need to be realistic and attainable goals for the day of work.
3. Time segment projects and tasks.
 - 9-10 am: Respond to emails, 10-11:30 am: curate social media content... etc.
4. Take small breaks.
 - After working for 50 minutes, take a 5 minute break and play a word puzzle or check your texts. Just make sure you time the 5 minute break so you don't waste time.
5. Create due dates for yourself.

FREE ONLINE MENTAL HEALTH RESOURCES

1. Free online support groups provided by MHA Dallas.

- Depression, bipolar, Mothers & Babies, and more. To learn more email Cole Arnold at carnold@mhadallas.org

2. Online Blogs/Forums

- There is online blogs and forums for everything including anxiety, schizophrenia, and PTSD.

3. Free Online Programs

- Happlify, WorryWatch, and Sanvello. In-app purchases might be required.

4. Online Free Mental Health Screening

- www.mhadallas.org/help/

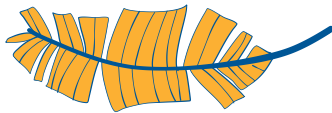
5. Crisis Text Line

- If you are in crisis or have suicidal thoughts, please call our suicide crisis hotline at 214-828-1000. You can also text "CONNECT" to 741741 anytime to reach trained, caring volunteers at the National Crisis Text Line.

FREE PRINTABLE INSPIRATIONAL QUOTES



**“IF IT IS IMPORTANT
TO YOU, YOU WILL
FIND A WAY.
IF NOT, YOU WILL
FIND AN EXCUSE.”**



**"THERE IS HOPE,
EVEN WHEN
YOUR BRAIN
TELLS YOU
THERE ISN'T"**

John Green



**“I’M A GREAT
BELIEVER IN LUCK,
AND I FIND THE
HARDER I WORK,
THE MORE I HAVE
OF IT.”**

Thomas Jefferson



**YOU
ARE NOT
ALL ALONE
IN THIS**

