



NAMI Central Texas
National Alliance on Mental Illness

Pathways to Mental Healing

If I am okay, my family is too

Section 2

How Overall Well-being Impacts Mental Well-being



Spanish Mental Health Toolkit

This toolkit includes resources for how to improve mental wellbeing and overall wellbeing for you and your family, educational resources to learn more about mental health, and local and national organizations to seek help. All the resources in this toolkit are safe and serve Spanish speaking families and individuals.

Disclaimer: The materials and the information contained in this presentation and/or guide are provided for general and educational purposes only and do not constitute any legal, medical, or other professional advice on any subject matter. None of the information in our module is a substitute for a diagnosis and treatment by a healthcare professional. Always seek the advice of a physician or other qualified health providers for any questions you may have regarding a medical condition. If you have or suspect that you have a medical problem or mental health concern, promptly contact your health care provider or call 911.

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Section 2

How Overall Well-being Impacts Mental Well-being

Useful tips to improve my overall well-being. Overall well-being encompasses basic needs, social needs, and physical health. These may not include any information about mental health but can improve my mental well-being.

Self Care

1. [Personal Self Care](#)
2. [Parent and Caregiver Self Care](#)
3. [Taking Time for Yourself](#)

Exercise

1. [Effects of Exercise on Mood](#)
2. [List of Physical Activities Around Austin](#)
3. [Exercise Infographic](#)



Social Connection

1. [Social Connection and Recreation - Handout](#)
2. [Connecting with Others - Handout](#)



Overall Well-Being

1. [Creating Health Routines - Worksheet](#)
2. [8 Dimensions of Wellness](#)
3. [Animal Companionship](#)
4. [Balance Between Work and Personal Life](#)
5. [Humor and Laughter](#)
6. [Spirituality and Religion](#)
7. [Sleep](#)
8. [Diet and Nutrition](#)