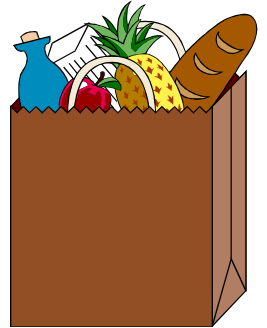


How To Be...Hospital Free

You have the power!



1. exercise (walk, ride, bike, go to health club)
2. take medicine
3. talk to other people
4. meditate
5. keep a journal
6. stay off drugs and alcohol
7. live a balanced life (mentally and physically)
8. eat properly
9. work (it brings back your self-esteem)
10. do impulse log (to prevent self-mutilation)
11. use list of helper phone numbers
12. go to doctor visits
13. go to AA meetings
14. pray
15. read Bible
16. go to church
17. go to day program
18. visit and talk to family
19. read
20. listen to music
21. watch television
22. find ways to stay productive
23. stay aware of hospitalization triggers
24. talk to counselor
25. crochet
26. hang out at community mental health agency
27. be in recovery place



28. Don't let the problems win!