

2-2) The Ten Commandments Mindful Wisdom Health



2-2-1) The Ten Commandments of Mental Health

Source; Positive Med

1. Think positively; it is easier.
2. Cherish ones you love.
3. Continue learning as long as you live.
4. Learn from your mistakes.
5. Exercise daily; it enhances your well-being.
6. Do not complicate your life unnecessarily.
7. Try to understand and encourage those around you.
8. Do not give up; Success in life is a marathon.
9. Discover and nurture your talents.
10. Set goals for yourself and pursue your dreams.

2-2-2) The Ten Commandments of INTERACTING WITH PEOPLE WITH MENTAL HEALTH DISABILITIES

Source; the National Center for Access Unlimited

1. **Speak Directly** - Speak directly to the person; do not speak through a companion or service provider.
- 2 **Offer to Shake Hands** When Introduced
3. **Make Eye Contact and Be Aware of Body Language** - Look people in the eye when speaking to them. Maintain a relaxed posture.
4. **Listen Attentively** - Never pretend to understand. Reflect what you have heard, and let the person respond.
5. **Treat Adults as Adults** - Always use common courtesy. Do not patronize, condescend, or threaten.
6. **Do Not Give Unsolicited Advice or Assistance** - If you offer any kind of assistance, wait until the offer is accepted.
7. **Do Not Blame the Person**
8. **Question the Accuracy of the Media Stereotypes of Mental Illness** -The media has sensationalized mental illness. As with the general public, about 1% - 5% of all people with mental illness are exceptionally easily provoked to violence.
9. **Relax!** The most important thing to remember in interacting with people who have mental health disabilities is to BE YOURSELF.
10. **See the PERSON** - Kindness, courtesy, and patience usually smooth interactions with all kinds of people, including people who have a mental health disability.

2-2-3) The Ten Commandments of DEPRESSION

Source; Mental Health Humor

1. Thou shalt Certainly not wait for you to tell I'm depressed, before I get help.
2. Thou shalt Have to avoid cooking or using sharp objects.
3. Thou shalt Avoid coveting all your Facebook Friends.
4. Thou shalt Try to stop carrying a bat waiting for people to tell me to SNAP OUT OF IT!
5. Thou shalt Only take medications and avoid drinks with less than a 5% alcohol ratio.
6. Thou shalt Stop indulging my craving for chunky monkey ice cream.
7. Thou shalt Throw breakable items that only belong to me.
8. Thou shalt Elongate my normal speaking voice to make it sound more whiny.
9. Thou shalt Whether from the depression locked in my room!
10. Thou shalt Art-fully argue that not taking a shower for weeks on end is my way of helping the environment.

2-2-4) The Ten Commandments of Mental Health—God Touches

Source; God Touches Digital Ministry

1. Thou shalt not worry, for worry is the most unproductive of all human activities.
2. Thou shalt not be fearful, for most of the things we fear never come to pass.
3. Thou shalt not cross bridges before you come to them, for no one yet has succeeded in doing this.
4. Thou shalt face each problem as it comes. You can only handle one at a time anyway.
5. Thou shalt not take problems to bed with you, for they make very poor bedfellows.
6. Thou shalt not borrow other people's problems. They can better care for them than you can.
7. Thou shalt not try to relive yesterday for good or ill, it is forever gone. Concentrate on what is happening in your life and be happy now!
8. Thou shalt be a good listener, for only when you listen do you hear different ideas than your own. It is hard to learn something new when you are talking, and some people do know more than you do.
9. Thou shalt not become "bogged down" by frustration, for 90% of it is rooted in self pity and will only interfere with positive action.
10. Thou shalt count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

The Ten Commandments

The End

