

# Mental Health Bank Account

**The goal:** Not to withdraw more than you deposit

There are things we can do to “fill us up,” and there are both planned and unplanned things that require us to use a lot of emotional energy and deplete us. Think about the specific things in your life that are withdrawals and the actions you can take to refill your mental health bank account.

## Withdrawal categories

Breakups  
Death  
Family dynamics  
Health changes  
Job challenges  
Job changes  
Life transitions  
Moving  
Stress  
Other

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List your own specific withdrawals above

## Deposit categories

Coping skills  
Fresh air  
Medication  
Movement  
Purpose/Meaning activities  
Self-care  
Sleep therapy  
Time with family or friends  
Volunteering  
Other

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List your own specific deposits above

**Explore more** [Real Goals and Supplemental Resources](#)

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)