



PRESENTED BY:  
REBECCA  
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# WHAT IS “THE MENTAL HEALTH TOOLBOX”

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Simple

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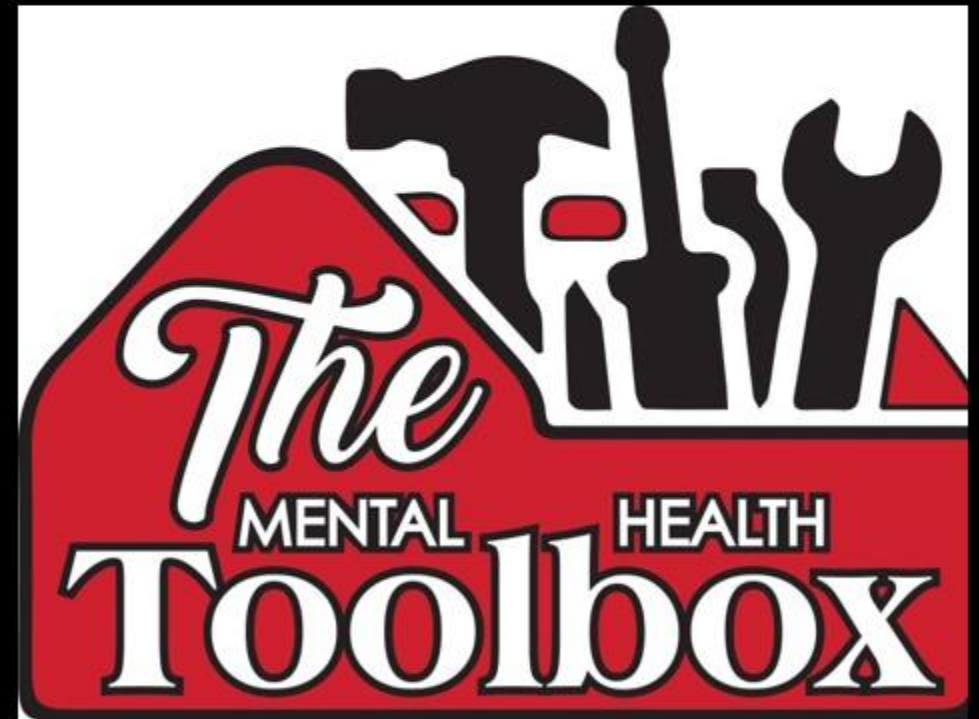
Easy to use

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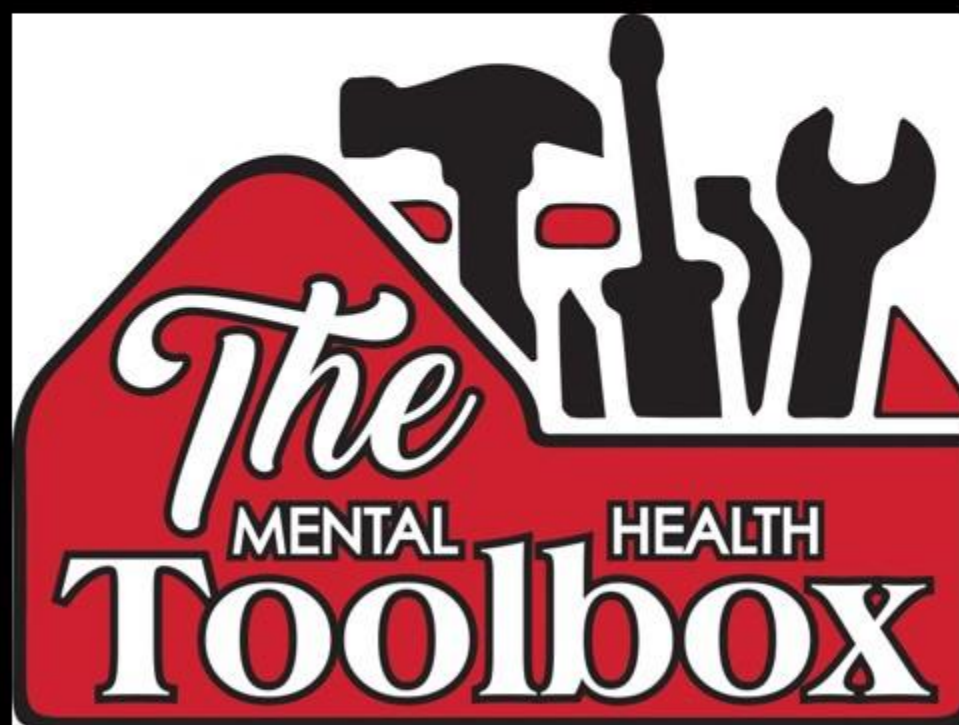
Designed for all ages

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Trademarked as of January  
2024

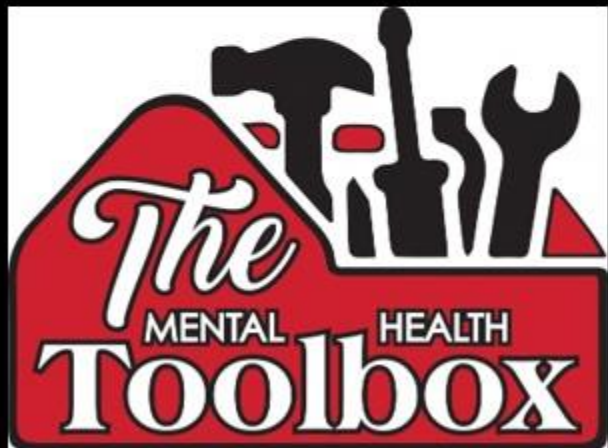


# CONCEPT



If you have a toolbox to use when you need to fix things, why not have a toolbox to use when you need to work on yourself?

- Here's what to expect:
- Manage your mental health
- Set goals
- Improve your motivation
- Build a life worth living
- Increase a positive mindset



There are 9 tools, including the toolbox:

- The Hammer ~ Motivation
- The Screwdriver ~ Circle of Control
- The Level~ The 8 Dimensions of Wellness
- The Sander~ Grounding Techniques
- The Pliers~ Diversionary/Leisure Activities
- The Saw~ Boundaries/Assertiveness
- The Tape Measure~ S.M.A.R.T Goals
- The Socket Set~ Healthy Support System
- The Toolbox ~ Crisis Prevention

# THE HAMMER

The hammer is a tool used to deliver a weighted impact to a small area with a driving force.

The hammer represents motivation:

The reason you get up, the reason you feel better, and the drive to want to be better.

As you start to build your toolbox, I want you to begin by asking yourself a few questions...

What brings you joy?

What are your hopes and dreams?

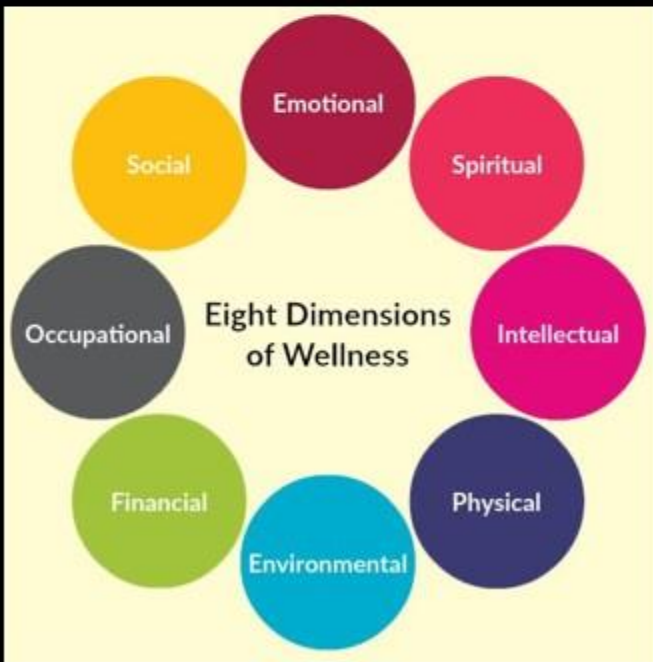
What "ANTS" get in the way and how can you challenge those to improve motivation?

"Catch it, check it, change it." We must change our thinking to promote grit, resilience and determination. Self doubt will detour your mental health recovery and goal setting. Use your hammer to reinforce what matters most to you



# THE LEVEL

The level is used to verify points on a plane to establish if they are balanced and even. Without the level any project would become off centered. The level resembles "The 8 dimensions of Wellness."



Emotional Wellness  
Financial Wellness

Social Wellness  
Spiritual Wellness

Occupational Wellness  
Physical Wellness

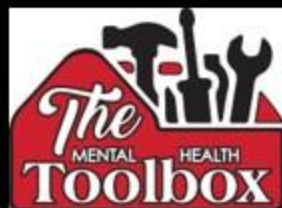
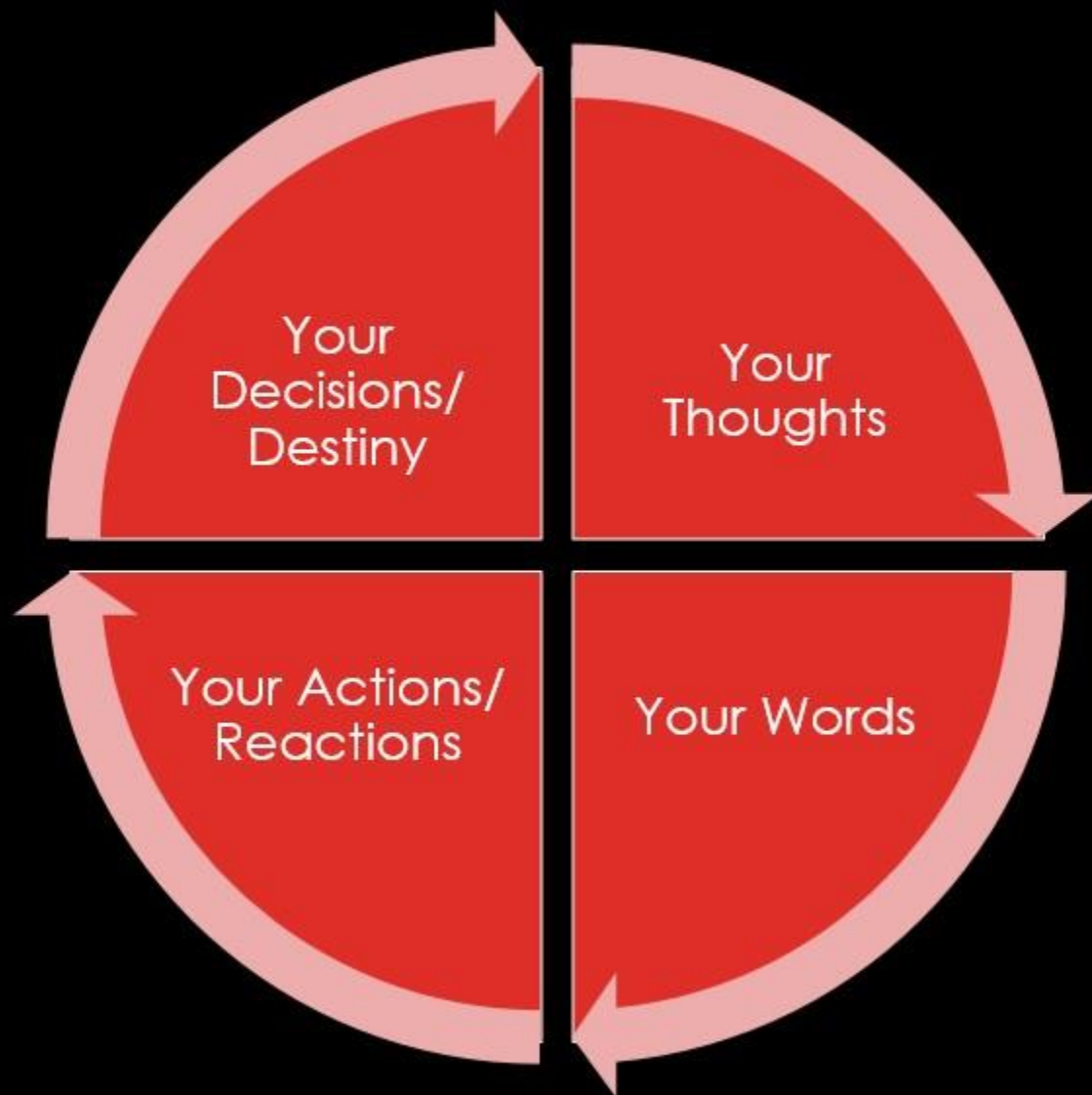
Intellectual Wellness  
Environmental Wellness

# THE SCREWDRIVER

A screwdriver is used to tighten or loosen, install or remove. A screwdriver is used to apply force into a desired area.

This emulates "The Circle of control" The circle of control tells you the only thing you are in control of is yourself.

Hold up your hands and make a circle. Now look through that circle - that's where you need to focus. Only you are in control of:

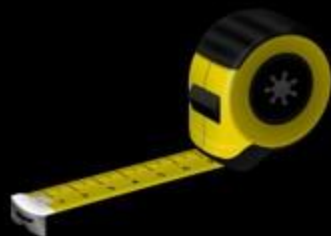


# THE TAPE MEASURE

When you open a tape measure notice all the little marks that get you to a desired length.

This concept also applies to goal setting. It's important that you brainstorm each small step that needs to be taken to reach your goals. If you miss a step this could lead to setbacks.

S.M.A.R.T stands for: SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT AND TIME.



Specific



Measurable



Achievable



Relevant  
Time



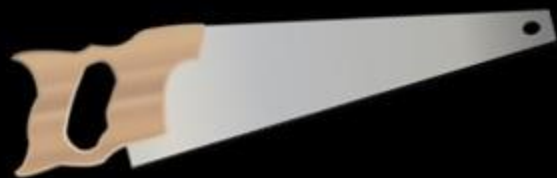
# THE SAW

The saw is used to get rid of excess materials or pieces that are unnecessary in a project. If you don't remove them, your project will not come together.

One of the most important pieces of this tool is identifying toxic people and enforcing boundaries.

Boundaries demonstrate where one thing ends, and another begins.

Boundaries allow you to define what you are comfortable with and reinforce to others how you want to be treated. Setting boundaries is positive.



The Narcissist

The Controller

The Drama Magnet  
The Energy Vampire

The Compulsive Liar  
The Green Eyed

# THE SANDER

The sander, is a tool used to create a smooth surface. You use the sander to create a nice finish. The sander resembles “grounding techniques.”

Grounding techniques are versatile tools that can be used in multiple situations when you need to regroup. Keep these in the front of the toolbox.

However, these are most likely skills that you are already using and don't even recognize it. Let's look at them a little closer.



5 Things you see

4 Things you touch

3 Things you hear

2 Things you smell

1 Thing you Taste

# THE SOCKET SET

A socket set is a set of sized tools that can fit into one handle. A "SUPPORT SYSTEM" is just that - a set of people in your life who are used in many different areas to either get you through certain times, aid you in improving yourself or assist with whatever things come your way

5 of the most important traits to consider when building a healthy support system:



Accountability



Fellowship  
Education



Purpose



Self Care



# THE PLIERS

The pliers is a versatile tool used for multiple purposes. It can be used to grip, tighten, loosen, or remove objects.

The pliers is an essential tool just like: diversionary and leisure activities. It is important that you identify activities that bring you peace, joy, and relaxation.



Meaningful activities

Hobbies

Versatile/resilient

Planning  
Trying new things

# THE TOOLBOX

## CRISIS PREVENTION

- Crisis prevention is the reduction of intense emotional, physical and behavioral reactions by the implementation of a plan and support team that will prevent or minimize that crisis situation.
- The key component with all of this is recognizing and accepting help. Identifying you are not well and implementing coping skills will help you get grounded.



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Questions...?

