



These five tips can help us find our personal motivation for using meds:

1. Make sure the medication is helpful. It only makes sense to get motivated to take medicine that is helping.
2. Put a timeframe around using meds. Nobody knows for sure if we will have to use medicine for the rest of our lives. Say to yourself: *FOR RIGHT NOW, I am using medication that is helpful to me.*
3. Stop judging ourselves harshly. Taking medicine does not mean we are crazy. It does not make us a good person or a bad person, a weak person or a strong person. It's just a tool.
4. Identify the things mental health challenges are interfering with.
5. It can be helpful to take a picture of our personal motivators and tape them to our pill bottle(s). Each time we take the pill, we can say *this one is for* _____ and add our personal motivator.



My Personal Motivators

Is medicine helpful to you?

- Yes No, I need to talk to my doctor I'm not sure

I will stop judging myself harshly for using meds.

e.g. Instead of thinking I am weak and shouldn't need meds, I will say I am strong and have made my choice to use meds for now so that I can keep up with my responsibilities.

Instead of thinking:

I will say:

List two things your mental health challenges are interfering with? (*e.g. my mental health challenge is interfering with keeping a job*)

1. _____
2. _____

Review your list above. Each of the things you listed are personal motivators. Add each one to the blank in each sentence below (*e.g. I am using this medicine so I can keep a job*)

1. I am using this medicine so I can _____

2. I am using this medicine so I can _____



My Plan for Staying Motivated

To stay motivated, I will (*check all that apply*)

- Tell my doctor or therapist about my personal motivators
- Tell my family and/or friends about my personal motivators
- Take pictures of my personal motivators and...
 - Look at the pictures on my phone each time I take meds
 - Keep pictures near my pill bottle(s)
 - Tape the pictures to my pill bottle(s)
 - Set a reminder on my phone to look at pictures of my motivators 3x a day
- When I take the pill(s), I will say "*this one is for*" and say my personal motivator out loud (*e.g. This one is for keeping my job.*)
- _____
- _____
- _____
- _____
- _____

fold
page