

1 Nurture your mental health.

The breaking of generational cycles starts with you. Ask yourself: are there behavior patterns, addictive mannerisms, health and wellness beliefs, or inherited practices that don't serve your life in a fulfilling way?

2 Choose wellness for your mental health.

Break the negative bondage over your life. Do you follow the philosophy of “some things are best left unsaid”? In some rare situations, that viewpoint may be fitting. Most often these avoidances lead to conditions that negatively affect our lives. Effects that are worth discussing — worked through.

3 When you know better, you can do better.

It's OK to set a different standard for your life. We don't have to believe the way our parents or grandparents did — or what they chose to accept or didn't. Someone else's way of life does not have to become our own.



The Mighty is a safe, supportive community for people facing health challenges as well as the people who care for them. Connect with others who understand what you're going through on themighty.com or by downloading **The Mighty** app.