

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Awareness Grid

Areas negatively impacted by mental health conditions:

- Living situation/housing
- Education
- Employment
- Health
- Finances
- Legal
- Spiritual
- Relationship with others
- Relationship with self
- Other: _____

What happened (event)?

What was I thinking?

What emotions was I feeling?

What body sensations did I experience?

How did my behavior change?

Future actions