

Finding Personal Motivation to Use Psych Meds

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.

Use the plan below to find your personal motivation to use psych meds and make a plan to stay motivated.

My Personal Motivators	My Plan for Staying Motivated 💛
Is medicine helpful to you?	To stay motivated, I will (check all that apply)
☐ Yes ☐ No, I need to talk ☐ I'm not sure to my doctor	☐ Tell my doctor or therapist about my personal motivators
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.	☐ Tell my family and/or friends about my personal motivators
Instead of thinking: I will say:	☐ Take pictures of my personal motivators and
	 Look at the pictures on my phone each time I take meds
List two things your mantal health shallonges are	☐ Keep pictures near my pill bottle(s)
List two things your mental health challenges are interfering with? (e.g. my mental health challenge is	\square Tape the pictures to my pill bottle(s)
interfering with keeping a job) 1	Set a reminder on my phone to look at pictures of my motivators 3x a day
2	\square When I take the pill(s), I will say "this one is for"
Review your list above. Each of the things you listed are personal motivators. Add each one to the blank in each	and say my personal motivator out loud (e.g. This one is for keeping my job.)
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	