

## Choices

1. Is there something I can do in the next twenty-four hours that will make my life worse?  Yes  No
2. Is there something I can do in the next twenty-four hours that will make my life better?  Yes  No
3. Do I have a choice in the matter of my life?  Yes  No
4. Does every choice I make have an end result?  Yes  No

If you answered "Yes" to this series of questions, whether or not you realize it, here's what you just said:

***"No matter how good or bad my past is, no matter how good or bad my present situation is, there is something I can do in the next twenty-four hours that will make my future, either better or worse, and the choice is mine."***



The native American maze depicts experiences and choices we make in our journey through life. It illustrates the search for balance - physical, social, mental and spiritual. In the middle of the maze are found a person's dreams and goals.

If you would like support and encouragement with positive choices, contact the  
**Greenville Mental Health Center, Phone: 864-241-1040, 124 Mallard Street,  
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## ATM Card

**Appreciate This Moment - Choose A Rewarding Day**

Today is a gift. The chance to live another day.  
This moment is important. It's the only one I'm guaranteed.  
This moment is significant. Only I choose how to fill it.  
This moment is profound. It will never be seen again, but its effects will be.  
My words and actions are my contribution to a world,  
Standing open armed like a child hoping for the positive difference I CAN make.  
As I pass through this moment, my greatest reward in living  
Lies not in the "CAN I?" but rather in the "WILL I?"

*When Life Blows You Down, by Bill Dyer*

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# Having Trouble Coping?

- Eating or sleeping too much or too little?
  - Pulling away from people and things?
    - Difficulty getting things done?
  - Feeling numb or like nothing matters?
  - Having unexplained aches and pains?
    - Feeling helpless or hopeless?
- Feeling unusually confused, forgetful; on edge, angry, upset; worried and/or scared?
  - Yelling or fighting with family and friends?
- Having thoughts and memories you can't get out of your head?
  - Thinking of hurting or killing yourself or someone else?

If you are experiencing any of these symptoms and they are making it hard to get things done, get through your day, or are getting worse, please call us at the

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