

**Matthew Shapiro's  
21 Pearls of Mental Health Wisdom  
Detailed on the October 14<sup>th</sup> Episode of Taboo Talk**

*These views are solely those of Matthew Shapiro and do not necessary reflect the views of NAMI or NAMI-NYS*

1. Love: Love yourself, love others.
2. Always remember that every day is a blessing-Embrace each day.
3. Take time to stop and smell the roses and/or find beauty.
4. Don't be afraid to ask for help when you need it.
5. Don't be afraid to face your feelings and emotions
6. Acceptance: Accept where a person is, but help them get to where they need to be
7. Forgiveness: Forgiveness is a gift to both you and the person you are forgiving
8. Music
9. Tap Into Your Creativity
10. Let it Out: Laugh and cry
11. Spirituality: Embrace it in your own way
12. Communication: Healthy communication is so important
13. Listen & Support: Listen to yourself, listen to others
14. Wellness: Health bodies and healthy minds go hand in hand
15. Rest
16. Know What Makes You Happy: Try to do it everyday
17. Balance: Not black and white, know the grey. Enjoy the ups and know the downs will get better
18. Pause Before Paws
19. Be Aware of Stress and How to Handle It
20. Find Humor as Much as Possible and Don't Take Yourself Too Seriously
21. Know No: Realize that it's ok to say no, you can't always please people.