

## START TODAY — MENTAL HEALTH WARRIOR PROGRAM

**Welcome!** You made a powerful choice today — to take action for your mental health. Not someday... not when things calm down... **TODAY.**

You don't need to have everything figured out to become a Mental Health Warrior. You just need **one** thing: A willingness to take the **next step**. And this guide gives you that step.

### ABOUT THE PROGRAM

For 20 years, I battled Bipolar Disorder, Alcoholism, Anxiety Disorders and PTSD from my time as an EMT with the rescue squad in high school and college. Those struggles left me feeling so powerless, that I tried to end my life. But in that darkest time, I discovered something life-changing: **Mental health is the key to overcoming ANY challenge.**

Armed with that knowledge, I created the **Mental Health Warrior Program** — a bold new **SELF-HELP approach that puts YOU in charge!**

So you can take charge of your emotions, triumph over challenges and build the life you really want. Every tool in this program is **real-life tested** — born from the trenches of my own struggles. Today, you'll try two of those tools yourself!

### YOUR FIRST WARRIOR TOOL

**Mindset Rule 2: RESPOND Not React** — to life's challenges.

Life throws stress, fear and frustration at us fast. Reacting puts emotions in charge. **RESPONDING puts YOU in charge.**

Here's a **simple Warrior Action** to take back control anytime emotions get loud:

#### **1 PAUSE YOUR BODY**

Freeze the moment before emotion takes over. Plant your feet — **YOU are in charge.**

#### **2 BREATHE WITH PURPOSE**

Inhale through your nose, hold and slowly exhale while saying to yourself: **"I'm in charge."**

#### **3 CHOOSE ONE SMALL ACTION**

A Warrior Action is anything that maintains momentum:

- **Step away for 20 seconds** — so you can think clearly instead of reacting.
- **Write one sentence** about how you feel — then choose a single action you can take next.
- **Flip your Warrior Challenge Coin** — remind yourself that *you* are in charge of your response.

**Small Action → Big Shift. That's the power of RESPONDING.**

**Lesson Learned:** **"As a warrior, I'm in charge and today I start using this powerful new mindset!"**

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### **SECOND WARRIOR TOOL — 1 MINUTE BOOST**

Connection is a powerful Warrior skill. It strengthens you and reminds you that you're not alone.

Today, instead of a quick nod or silence, **take one minute to speak to someone around you:**

Say HI / Ask how their day is going / Offer a smile or kind word

#### **Warrior Results:**

You boost their day *and* your emotional strength by taking the first step toward real connection. And every connection you build opens the door to future conversations about mental health.

#### **Lesson Learned:**

Warriors build their tribe one moment at a time. These connections help everyone grow stronger, feel supported and more empowered on their Warrior journey.

### **BUILD YOUR WARRIOR STRENGTH — NEXT STEPS**

The more tools you learn, the more you stay in control. Here's how to continue your Warrior journey:

#### **Mental Health Warrior Books**

Each book gives you **real tools** to stay grounded, resilient and in charge:

- **I Triumphed Over Bipolar, Alcoholism & Anxiety Disorder...**
- **53 Mindset Rules of a Mental Health Warrior**
- **Mental Health Warriors RESPOND to Crisis**
- **3 Food Rules of a Mental Health Warrior**
- **Marvin the Mental Health Warrior Cat's Road Trip...** any many more!

👉 Explore the Books: [BruceSchutter.com/All-Books](https://BruceSchutter.com/All-Books)

#### **Mental Health Warrior Challenge Coin**

Carry your strength with you — **every day**. Use it to:

- ✓ Ground yourself during stress
- ✓ Reset when frustration spikes
- ✓ Empower yourself with a single touch

👉 Explore the Warrior Coins: [MentalHealthWarriorChallengeCoin.com](https://MentalHealthWarriorChallengeCoin.com)

#### **Stay Connected & Empowered Every Friday**

Enjoy: **A Warrior Poem, Quick Blog Recap, Marvin's Thought of the Day & Warrior Tool of the Week**

👉 Join the Warrior Newsletter: [BruceSchutter.com/Friday-Warrior-Recap](https://BruceSchutter.com/Friday-Warrior-Recap)

**Bruce Schutter**

**Creator — Mental Health Warrior Program & Challenge Coin**

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**You're In Charge — Mental Health Warrior Program**  