

Mental Fitness Tips

Tips for Stress: Use Stress as an Asset

- **Reframe Stress:** Tell yourself, "Stress means I'm ready to perform."
- **Take Control:** Make a list of stressors and tackle one today.
- **Use Stress as a Driver:** Set a goal and let stress push you to achieve it.
- **Acknowledge Your Care:** Remind yourself why this matters to you.
- **Focus Under Pressure:** Use stress to sharpen your mind.
- **Act to Overcome:** Take one step today to overcome stress.

Tips for Overwhelm

Ask for help

Call/text,
reach out and
connect

Be kind to yourself

It's **ok** to **not be ok**

Treat **yourself** like
you would treat
your **best friend**

Create a list

Write down why
you are feeling
overwhelmed -
**name your
emotions**



Books to Read

The Good life - Robert Waldinger and Marc Schulz
The Art of Risk - Dr Richard Harris
Breath - James Nestor
Limitless - Jim Kwik

Tips for Self Care

- Forgive yourself for your mistakes
- Spend time doing the things you enjoy
- Get quality sleep and move your body
- Practice breath work
- Connect with nature

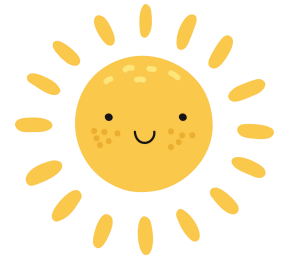
Tips for Boundary Setting

Boundaries communicate your needs and expectations

- Reflect on the type of boundaries you need for yourself
- Be consistent (boundaries should reflect compassion for ourselves + others)
- Communicate clearly (be direct and specific with what you need)

**Give
yourself
downtime**

Your Mental Fitness Checklist



CONNECTION

- CATCH UP WITH YOUR FRIENDS AND NEIGHBOURS
- GET IN TOUCH WITH A FRIEND/RELATIVE YOU HAVEN'T HEARD FROM FOR A WHILE
- DO A RANDOM ACT OF KINDNESS

BODY



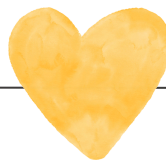
- SLEEP
- STRETCH
- 20 MIN WALK OUTSIDE
- DRINK WATER
- EAT HEALTHY NOURISHING FOOD
- DEEP BREATHING EXERCISES
- TRY YOGA OR A NEW ACTIVITY
- GO FOR A WALK, RUN, RIDE OR SURF
- SPEND TIME IN NATURE
- GARDEN
- HAVE A MASSAGE
- HAVE A HOT BATH

MIND



- WATCH SOMETHING INSIGHTFUL
- READ A BOOK
- PAINT, SKETCH, OR SEW
- SOLVE PUZZLES
- LISTEN TO A PODCAST
- JOURNAL YOUR THOUGHTS AND FEELINGS
- COOK OR BAKE
- PLAY AN INSTRUMENT
- PLAY BOARD GAMES WITH FRIENDS
- HAVE SOME ALONE TIME

SPIRIT



- PRACTISE MEDITATION
- EXPRESS GRATITUDE
- ACKNOWLEDGE EMOTIONS
- LOOK FOR AWE IN NATURE
- DAILY AFFIRMATIONS
- PRACTISE MINDFULNESS
- COMMUNITY WORK
- POSITIVE THINKING

