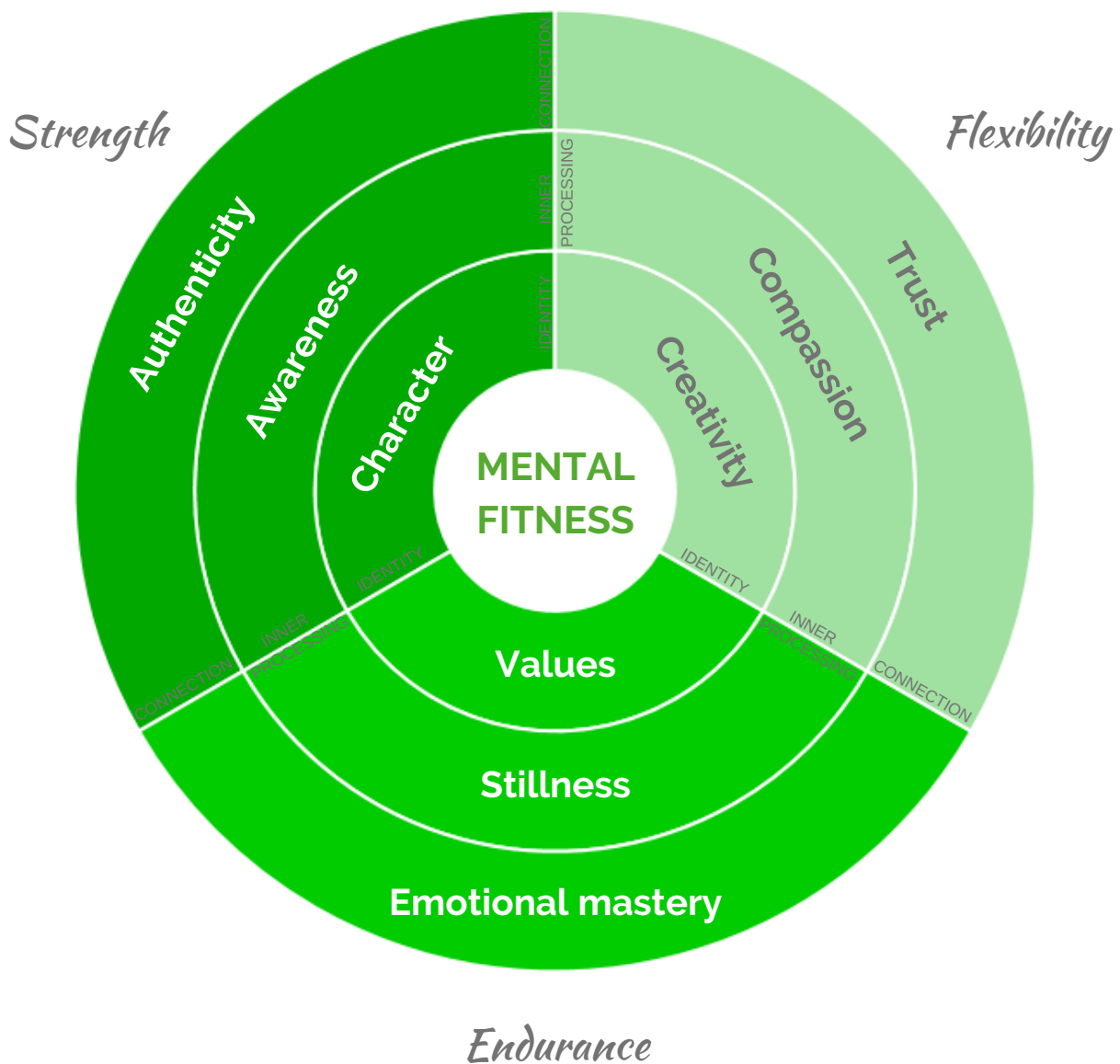


Mental Fitness

Shifting us from struggling 

... to thriving 



This model of mental fitness is a unique approach to improving psychological health and wellbeing, via practical and regular mental exercises. Contact Bek Smith (bek@smithandwellness.com) to find out more, or visit www.smithandwellness.com/resources to access our online learning modules.



Mental strength - being clear with and about ourselves

Sub-components:

- *Identity* - **CHARACTER**. Our character reflects our thinking habits and the personal values we enact. Understanding and leveraging from our character strengths is associated with better mental health and performance outcomes.
- *Inner processing* - **AWARENESS**. The ability to be aware of our thoughts, as well as our surroundings, is a vital skill for self-regulation and for mastering our cognition and behaviours.
- *Connection* - **AUTHENTICITY**. It is one thing to understand our character and our thinking, and another thing entirely to express them. Authenticity can be learnt and practiced as a strategy for connecting with others as well as enhancing one's wellbeing.

Mental flexibility - managing and embracing uncertainty

Sub-components:

- *Identity* - **CREATIVITY**. Human beings are by nature creative, although we often mistakenly link creativity with art and can miss other opportunities for innovation and expression.
- *Inner processing* - **COMPASSION**. Extending compassion towards others as well as oneself is a way of re-framing situations, is linked to awareness and helps us escape the traps of perfectionism.
- *Connection* - **TRUST**. This phenomenon is explored in the mental fitness model both as a way of trusting ourselves by accessing our intuition, as well as developing trust between each other.



Mental endurance - playing the long game

Sub-components:

- *Identity* - **VALUES**. Our values reflect what is important to us in life. Understanding our values can guide our decision making for the better, and help us navigate difficult situations.
- *Inner processing* - **STILLNESS**. The importance of rest both for the body and mind cannot be underestimated, and is confirmed by the strong correlations between mindfulness/meditation practices and positive health outcomes.
- *Connection* - **EMOTIONAL MASTERY**. Having both an awareness of our emotions and an ability to steer them productively helps us to energise ourselves & interact more effectively with others.

