

10 BRAIN EXERCISES THAT CAN HELP BOOST MENTAL FITNESS

MAN

RESILIENCE

ID times when you've coped well with life's demands to build resilience.

BOX BREATHING

Use box breathing to calm your mind & body - 8 sec in, 8 sec hold, 8 sec out, 8 sec hold - repeat.

NOTE TO SELF

Take 10m to write down what you are thinking & feeling.

MINDFUL

Fully connect to the moment with all of your senses at least twice a day.

BODY SCAN

Take 5m to scan your mind and body to check in with your mental & physical health.

TOP 3 VALUES

ID them, schedule at least 2 activities a week that are meaningful & important to you.

ACTIVITY BUILDING

Schedule activities into your week that provide you with a sense of connection, pleasure, and achievement.

GOOD THINGS

Take time at the end of your day to ID 3 good things you achieved and what those things say about you as a person.

THINKING ERRORS

ID thinking errors at the end of the day to help build more rational beliefs and thoughts.

