

10 BRAIN EXERCISES THAT CAN HELP BOOST MENTAL FITNESS

TOP 3 VALUES

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

RESILIENCE

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

MAN

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 5 minutes to scan your mind and body to check in w/ your mental & physical health.

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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.

