

14-Day Mental Health Series



YOU ARE NOT ALONE

Finding meaning and purpose
in loss and recovery

KEY TAKEAWAYS

Summary of day 1 session:

Motivation



- We are in a turbulent storm at the moment and we are all scared. It's okay to be scared and there is benefit in admitting to it. Perhaps we can all be scared together and assist each other to flatten the stress curve!
- Our mental health correlates closely with our physical health and we can achieve mental fitness through building healthy habits through daily mindfulness practices.
- Did you know that the "always on" culture has us working an extra 45-60 minutes every day! It seems that there is even less time for ourselves now- all the more reason to carve out small pockets of time for ourselves.
- Did you know that anxiety comes primarily from the inability to remain in the present moment. By using the breath to anchor us into this moment, it can help us to reduce anxious feelings.
- The best way to take care of the future is to take care of the present moment.

Top Tips for Flattening the Stress Curve

- When last did you take a really nice, deep breath? Deep breaths are like little love notes to our bodies. Let's make it a practice to take three deep breaths
- We have all suffered many losses over the past 15 months particularly- It's okay to take the brave mask off and find our "new brave"- a space where we can be real about our mental health with ourselves and others.
- Check in with yourself regularly and ask yourself, without judgement, 'How am I right now?'
- Give yourself permission to step off the hamster wheel and still your mind. When the mind is calm, repeat a few of these affirmations to yourself with sincerity... I'm going to give myself a break. I'm going to show myself kindness I'm going to be patient with myself. I'm opening up to being more joyful I'm ok with being exploring my mental health in stillness I'm ready to offer myself something beneficial.. a present... of being in the present.
- Make a commitment to yourself to dedicate yourself to this program for the next 14 days. Build the healthy habit of mindfulness and work towards your ultimate mental fitness.

Homework

- Make your pledge to yourself and write it down in your Journal (Yes, journaling is for men too:)
- Who are you doing this challenge for? Perhaps it is for yourself or perhaps you'd like to dedicate this challenge to a loved one. Detail this in your journal.
- Write down five things in your journal that you are grateful for.

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