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# MIND MATTERS

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Development of our mental resiliency and positive mindset does not happen over night! It grows over time by understanding your own emotions, developing healthy habits and acquiring a toolbox of skills that can help you cope when life doesn't go as expected. Remember, your mind truly matters. It's worth exploring a positive mindset for a life of contentment filled with a little zest!



## RESILIENCY AND MENTAL HEALTH

**STAYING ACTIVE:** Focus on exercises that engage the arms and the legs.

**SOCIAL CONNECTION:** Say hello to strangers while passing by or join a new networking group.

**MANAGING STRESS:** Plan ahead with a stress management strategy and make time for leisure.

**HEALTHY DIET:** Eat a wholesome diet, low in sugar and rich in healthy fats for good brain health.

**QUALITY SLEEP:** Maintain a regular sleep schedule, even on the weekends.

**MEANING & PURPOSE:** Find work or activities that drive you, making you feel good and productive.

Use this worksheet to unlock a more positive mindset.



**WHAT WINS DID YOU HAVE TODAY?**

LARGE

SMALL



**NAME 3 PEOPLE THAT CARE ABOUT AND APPERCIATE YOU**

