SB WELLNESS GROUP NEWSLETTER

AUGUST 2020

Inside the Healthy Mind Issue:
The Mental Diet
Simple Grounding Exercises
Excess Mental Weight and How to Get Rid of It
Keeping a Mental Diary
THE MENTAL DIET

Exercise Plan, Meal Plan...but do you have a Mental Diet Plan?
You likely understand body weight and know the ingredients you need in your day to lose or maintain that weight. You know the exact ingredients that go into a recipe to make it perfect. What about mental weight? What actions each day are impacting your mind? What are the right ingredients you need to add or eliminate to have the best day possible?

Keep Your Mind Sharp
"Reading is to the mind, what exercise is to the body." Stimulate your brain. Learn something new every day- no matter how small.

Mental Ingredients:
- What you watch and read: the information you consume daily
- What you listen to: podcasts, music, nature
- The people you hang around: the interactions you have most often with others
BODY, MIND & SPIRIT

"Your diet is not only what you eat; it's also what you put in your mind."
Quick ways to get grounded and be more present.

The majority of our unhappiness comes from either focusing on the past or worrying about the future. Learning to be in the present and accepting where you are at this moment is key to good mental and emotional health.

**IN PRESENCE IS WHERE ACTION TAKES PLACE.**

Try one of the following techniques to quickly bring you back to the present and stop negative thinking:

**GROUNDING EXERCISES:**
- **Try the 5,4,3,2,1 Method:** Right now, wherever you are, identify 5 things you can see; 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.
- **Use Your Breathe:** Breathing with intention will quickly bring you back to the present.
- **Chuckle:** Find something funny or make yourself laugh.
YOUR MENTAL WEIGHT MATTERS

What's weighing you down and keeping you from being more mentally fit? Past emotional experiences and failures often act as mental weight, preventing you from successfully moving forward. Our unhappiness seldom comes from one thing. Becoming aware and tuned into your excess mental weight may take some work. Start by keeping a MENTAL WEIGHT DIARY.

"We repeat what we don't repair."
- Christine Langley-Obaugh

MENTAL WEIGHT DIARY

To lose mental weight you need to be more aware of your emotions and reactions; recognize patterns. Check in with yourself every day. Ask yourself these 3 questions:
What activities impacted my mental health and mood today?
What do I need more of in my day to improve?
What do I need less of in my day to improve?
Leaders need mindfulness too. Whether you are a leader in your workplace, a leader in your community or a leader of your family, now more than ever you must build and work on skills that will increase your capacity to weather the storm. Mindfulness works wonders for all. Practice self-care and live more mindfully.