

Staying Mentally Fit



It's important to invest time in staying both mentally and physically fit.

This helps us become more robust, more productive, more positive and better prepared for life's ups and downs.

The key is to get into the habit of staying mentally fit. We can always be working on this even when we're feeling strong, just as we do with our physical fitness.

Here are some ways to do that:

Connect

Talk & Listen, be there,
feel connected

Give

Embrace new experiences, see
opportunities, surprise yourself

Keep Learning

Do what you can, enjoy what
you do, move your mood

Take Notice

Your time, your words,
your experience

Be Active

Remember the simple
things that give you joy

Introduce these five simple strategies into your
life and you will feel the benefits.

Some other ways to stay fit and well:

- Schedule 'me' time
- Do something nice every day
- Catch up with friends or family
- Enjoy a beautiful walk or view
- Rest or meditate
- Get creative
- Play your favourite sport
- Play music
- Appreciate what you see, smell, touch, taste and hear
- Have fun
- Feel proud of what you've achieved
- Celebrate
- Stroke a pet
- Be grateful
- Be kind to yourself



Key to our overall wellbeing, remember to:

EAT – SLEEP – EXERCISE

Find out more here:

www.nzwine.com/mental-fitness

Resources are available at: www.mentalhealth.org.nz

