



ME, MYSELF & I

If you've been running around taking care of others and your wellbeing thermostat is on the blink, this is your sign to pause for a minute. Mental fitness is the key to overall wellbeing, so here are some ways to help you re-prioritise:

Self-awareness

1. Take time to understand your own mental fitness needs and recognise any signs of stress or anxiety. This self-awareness will help you identify when you need to prioritise your mental fitness.

Engage in activities

2. Engage in activities that promote self-care and relaxation. This can include exercise, getting enough sleep, eating a balanced diet, practising mindfulness or meditation, and engaging in hobbies or activities that bring you joy.

Set boundaries

3. Set boundaries in your personal and work life to protect your mental fitness. Learn to say no when necessary and prioritise activities that are important to your wellbeing.

Reach out

4. Reach out to trusted friends, family members, or professionals for support. Talking about your feelings and concerns can provide relief and help you gain perspective.

Coping mechanisms

5. Develop healthy coping mechanisms to manage stress. This can include deep breathing exercises, journaling, practising relaxation techniques, or seeking therapy.

Seek help

6. If you're struggling with your mental fitness, don't hesitate to seek professional help. A mental fitness professional can provide guidance, support, and appropriate treatment options.

Schedule a regular check in with yourself to assess your needs and make adjustments as necessary. [Download your free **Confidence Workbook here**](https://healthoutfit.co.uk/wp-content/uploads/HealthOutfit-Confidence-Workbook.pdf)
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