



THE MENTAL STRENGTH WORKOUT



LEARNING OBJECTIVES

- Discovering how to build mental strength from tough times
- Understanding what mental strength means
- Assessing personal levels of mental strength
- Learning the daily mental push-up exercises
- Creating a mental workout plan

CONQUERING TOUGH TIMES

"When you face difficult times, know that challenges are not sent to destroy you. They're sent to promote, increase and strengthen you."

- Joel Osteen

POSTTRAUMATIC GROWTH

- It is possible to grow from difficulty and trauma.
- Growth from challenges is an indicator of resilience.
- "Posttraumatic growth" was coined by psychologists Richard Tedeschi and Lawrence Calhoun to explain the idea that suffering can lead to positive change.



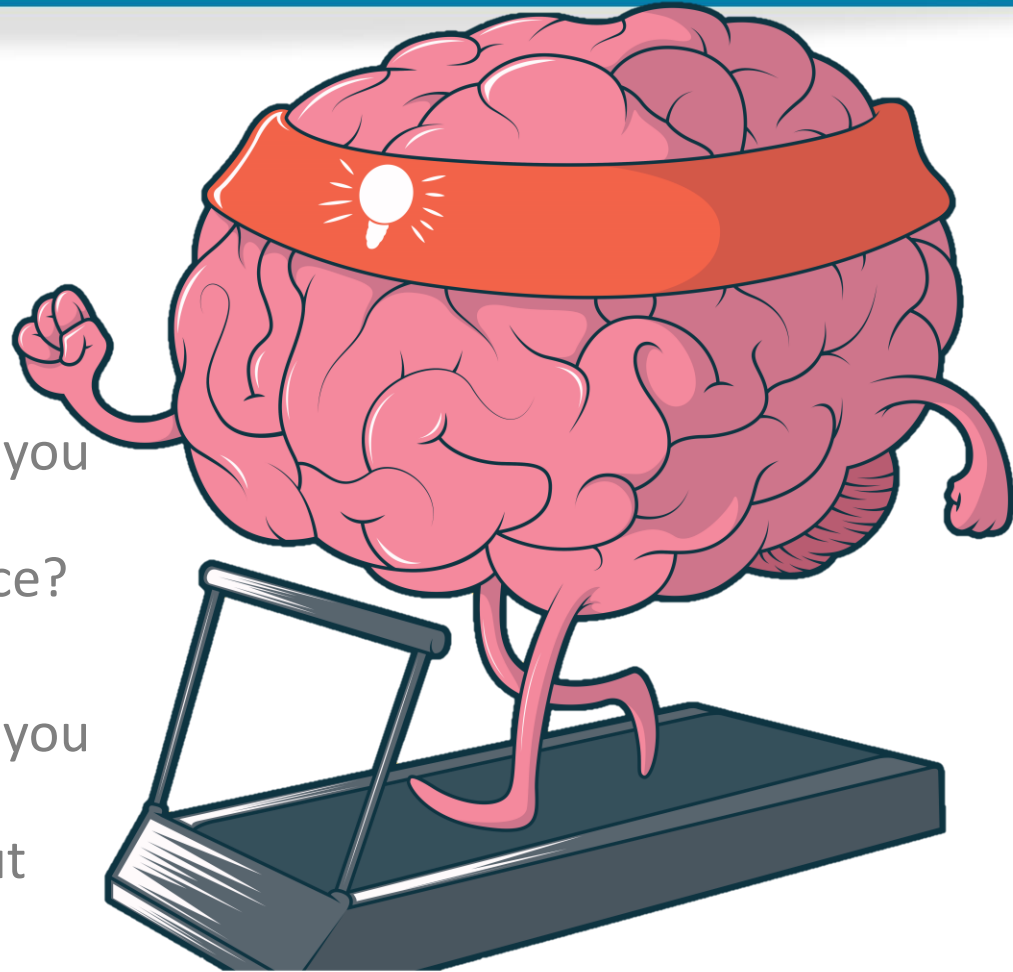


PERSONAL STRENGTH

- These psychologists determined that personal strength was a significant contributor to growth after trauma.
- It is possible to build on this strength further by developing the right habits and exercising our mind.
- Use this time to reflect on your ability to cope with the first extreme difficulty. This time will always be a reminder that you CAN cope.

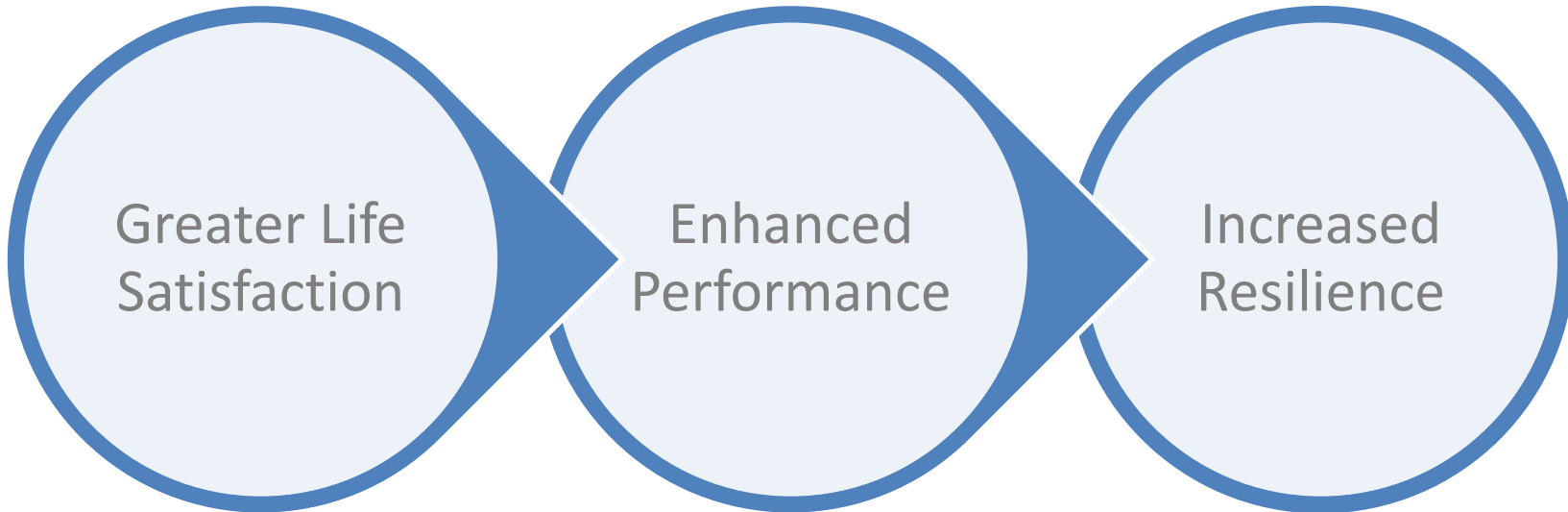
STRENGTHENING YOUR MIND

- Many people spend time focusing on their physical health but not their mental health.
- How many hours a week do you spend thinking about your physical health or appearance?
- How many hours a week do you spend thinking about your mental health or working out your mind?





WHY IT IS IMPORTANT?



Greater Life
Satisfaction

Enhanced
Performance

Increased
Resilience



POLL

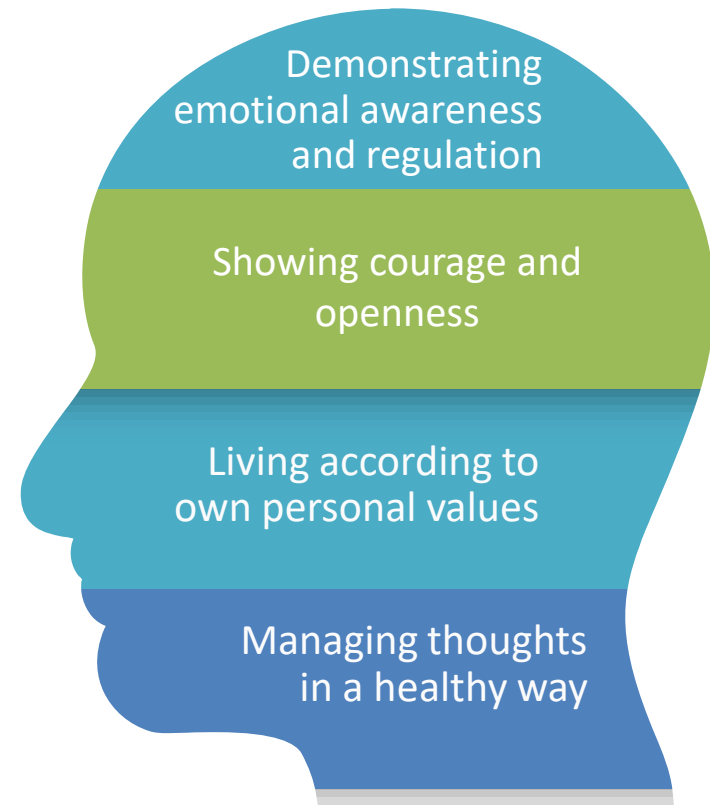
How would you rate your current levels of mental strength?

- A. Novice: very little exercising of the mind
- B. Beginner: sporadic exercising of the mind
- C. Intermediate: regularly exercising of the mind
- D. Expert: consistently exercising of the mind and helping others to do the same!



WHAT DOES MENTAL STRENGTH MEAN?

It requires an active commitment to personal development, self-improvement, and a desire to constantly adapt and learn in life.



SHOWING GRIT

CONSISTENCY IS KING

What stops you being consistent?



CONSISTENCY AND COMMITMENT IS KEY

- Physical strength and fitness doesn't come overnight, neither does mental strength and fitness.
- It is necessary to introduce and implement new habits.
- This takes time, consistency, and commitment.

IMAGINE YOU WERE A NOVICE RUNNER

- Imagine that you had never been running but wish to run a marathon.
- You would develop a training plan to help build up your strength, stamina, and fitness.
- Similarly, it is important to devise a plan for building your mental strength and fitness.



YOUR DAILY MENTAL PUSH-UPS

Worried you don't have time?

Mental strength exercises start with just five minutes a day.





REFLECT

What robs you of your mental strength?



5 POWERFUL EXERCISES TO TRY

Evaluate Core Beliefs



Expend Your Mental Energy Wisely



Replace Negative Thoughts



Practice Tolerating Discomfort



Reflect on Progress Daily

How can you implement these into your mental training strategy?



CREATING YOUR WORKOUT PLAN

1. Define what mental toughness means to you.
2. Build small physical wins.
3. Focus on habits.



TRACKING YOUR PROGRESS

Once you have devised your mental health workout plan, assess your weekly progress.

- What went well?
- What did you struggle with?
- How can you overcome challenges faced?

Work on adapting your workout plan as necessary, and reflect your growth.



ALWAYS AVAILABLE.
ALWAYS CONFIDENTIAL.

FOR ADDITIONAL ASSISTANCE
CONTACT YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)

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