

Mental Fitness

Mental fitness is a sense of well being (positive thoughts and feelings) experienced when our needs for competence, autonomy and relatedness are met.

Mental fitness leads the way to a healthy lifestyle and increases our ability to face life challenges.



MAKE A COMMITMENT TO:

Focus on Competence

- Learn new skills.
- Share your gifts and knowledge.
- Identify the strengths within your community.

Focus on Autonomy

- Recognize and express your emotions and feelings.
- Give choices and a voice to others.
- Take action to positively impact your community.

Focus on Relatedness

- Get to know yourself.
- Become a volunteer at a location of interest to you.
- Connect with the people in your community.

Every day...

- Think of one thing that you are proud of in your life.
- Choose to do something you love.
- Express your appreciation of others.
- Take the time to say THANK YOU!

www.gnb.ca/wellness