

# SUPPORTIVE ENVIRONMENTS PLAY AN IMPORTANT ROLE IN OUR MENTAL FITNESS

WHEN OUR ENVIRONMENTS SUPPORT OUR BASIC PSYCHOLOGICAL NEEDS FOR **COMPETENCE, AUTONOMY** AND **RELATEDNESS**, IT GETS THE GEARS TURNING ON OUR MENTAL FITNESS.



Mental fitness plays a role in adopting a healthy lifestyle.

For tools to help you create environments that support mental fitness, visit  
[wellnessnb.ca](http://wellnessnb.ca)



# SUPPORTIVE **WORK ENVIRONMENTS** PLAY AN IMPORTANT ROLE IN OUR MENTAL FITNESS

CREATING WORK ENVIRONMENTS THAT SUPPORT OUR THREE BASIC PSYCHOLOGICAL NEEDS FOR **COMPETENCE**, **AUTONOMY**, AND **RELATEDNESS** WILL BENEFIT BOTH THE EMPLOYER AND THE EMPLOYEES.

Here are some ideas on how workplaces can get the gears of mental fitness turning:



SUPPORTING MENTAL FITNESS AT WORK CAN HELP WITH JOB SATISFACTION, PRODUCTIVITY, PERFORMANCE, ENGAGEMENT, AND MOTIVATION.

## COMPETENCE

Set meaningful and attainable goals and provide constructive and timely feedback.

## AUTONOMY

Provide opportunities for people to express their thoughts and opinions and make space for shared decision-making and problem-solving.

## RELATEDNESS

Create positive work relationships by sharing time, attention, energy, interest, and emotional support.

## MENTAL FITNESS

Mental fitness is having a positive sense of how we feel, think, and act, which improves our ability to enjoy life.



Mental Fitness at work plays an important role in creating a Supportive Environment for Wellness.

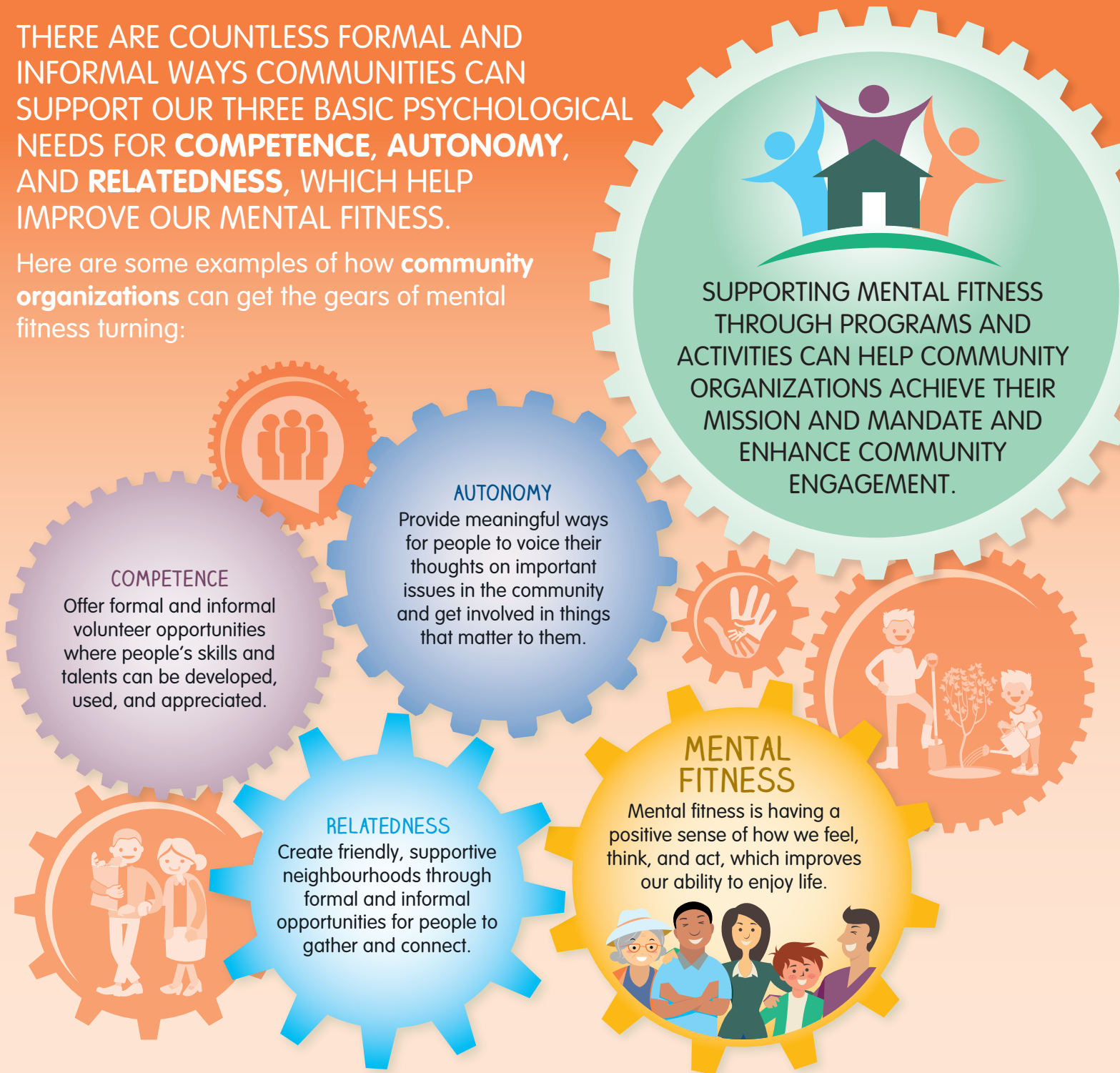
For a complete guide on supporting mental fitness in the workplace go to:  
[www.wellnessnb.ca/resources/CARapproach](http://www.wellnessnb.ca/resources/CARapproach)



# SUPPORTIVE **COMMUNITY ENVIRONMENTS** PLAY AN IMPORTANT ROLE IN OUR MENTAL FITNESS

THERE ARE COUNTLESS FORMAL AND INFORMAL WAYS COMMUNITIES CAN SUPPORT OUR THREE BASIC PSYCHOLOGICAL NEEDS FOR **COMPETENCE**, **AUTONOMY**, AND **RELATEDNESS**, WHICH HELP IMPROVE OUR MENTAL FITNESS.

Here are some examples of how **community organizations** can get the gears of mental fitness turning:



Mental Fitness in your community plays an important role in creating a Supportive Environment for Wellness.

For more ideas on incorporating a mental fitness approach in your community activities or events visit: [www.wellnessnb.ca/resources/MFtips](http://www.wellnessnb.ca/resources/MFtips)

