# 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.



#### **RELATEDNESS**

I feel like I belong.
I have meaningful and caring relationships.





### AUTONOMY

My opinions and choices are valued and respected.

#### COMPETENCE

I have opportunities and am encouraged to grow and share my skills, talents and knowledge.

# **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 plays a role in adopting a healthy lifestyle.



# 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 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.



## MENTAL FITNESS

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





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

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

# 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:



ENGAGEMENT.



### AUTONOMY

Provide meaningful ways for people to voice their thoughts on important issues in the community and get involved in things that matter to them.

#### COMPETENCE

Offer formal and informal volunteer opportunities where people's skills and talents can be developed, used, and appreciated.

### MENTAL FITNESS

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



#### RELATEDNESS

Create friendly, supportive neighbourhoods through formal and informal opportunities for people to gather and connect.



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