

# 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.

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

