

MENTAL FITNESS IS APPARENT IN A PERSON'S:

Positive THOUGHTS:

"I CAN DO THIS!"
"I CAN MAKE A DIFFERENCE
IN MY COMMUNITY."

Positive ACTIONS:

"I CAN HELP OTHERS AND
BE GOOD TO MYSELF!"

Positive FEELINGS:

"I AM HOPEFUL."
"I AM GRATEFUL."
"I AM AT EASE."
"I AM CONTENT."

THESE ARE ELEMENTS THAT INFLUENCE MENTAL FITNESS:



Mental fitness plays a role in adopting a healthy lifestyle.