

# MENTAL FITNESS

## HOW DO YOU BUILD MENTAL FITNESS INTO A PROGRAM OR ACTIVITY?

A mental fitness approach can be used in your programs and activities as a guiding principle, like in New Brunswick's Wellness Strategy. It can be applied in the planning, development and delivery of your program or activity and will enhance participant engagement and increase the quality and success of your initiative.

## CONSIDER THE FOLLOWING SUGGESTIONS:

### PLANNING AND DEVELOPMENT

During the planning and development of the program or activity you can...

- Ask the following questions:
  - Does the program recognize the skills and strengths of participants? (C)
  - Does the program offer choice and a voice to participants? (A)
  - Does the program encourage positive relationships? (R)
- Consider the needs of the target audience (R)
- Demonstrate respect, acceptance and interest in the input of others (C,A,R)
- Invite the community and participants to share their skills and talents to strengthen and sustain the initiative (C)

### PROGRAM/ACTIVITY DELIVERY

During the program or activity, the facilitator can...

- Plan activities with participants (C,A,R)
- Promote the development of new skills and knowledge and encourage the participants to practice and apply those skills outside the program (C)
- Provide opportunities for input or feedback (A)
- Consider the interests of the participants (A,R)
- Promote the success of the participants (C,R)
- Offer choices and the opportunity to make decisions (A)
- Acknowledge and celebrate skills and strengths (C,R)
- Encourage respect, inclusiveness and acceptance (R)

### Three fundamental needs of mental fitness

**C** = Competence

**A** = Autonomy

**R** = Relatedness

