

MENTAL FITNESS

WHAT IS MENTAL FITNESS?

MENTAL FITNESS is defined as a state of psychological well-being. It means having a positive sense of how we feel, think and act, which improves our ability to enjoy life.

Our mental fitness is improved when our needs for **competence, autonomy** and **relatedness** are met. When these needs are met, we are more likely to make healthy lifestyle choices that we can sustain over time.

These three basic psychological needs form one of the guiding principles of New Brunswick's Wellness Strategy. Creating environments that are supportive of these needs supports wellness for all individuals in all environments.

COMPETENCE

I have abilities, strengths and gifts that are recognized by myself and others. When I use them to meet goals and help others, I feel a sense of accomplishment and worth.

AUTONOMY

I have a voice and I am able to make decisions about things that are important to me and others. Others support me in my choices.

RELATEDNESS

I feel that I belong and have meaningful and caring relationships that support and encourage me. I also support and encourage others in spirit and action.

New Brunswick's
Wellness Strategy 2014-2021
www.gnb.ca/wellness

WHAT CAN WE DO TO HELP OTHERS IMPROVE THEIR MENTAL FITNESS?

- Ask others for help in solving problems; give them a voice in decision making
- Provide support
- Encourage expression of thoughts and feelings
- Show empathy
- Consider others' interests and preferences
- Give choices
- Be inclusive; get to know the people around you
- Teach new skills to others

