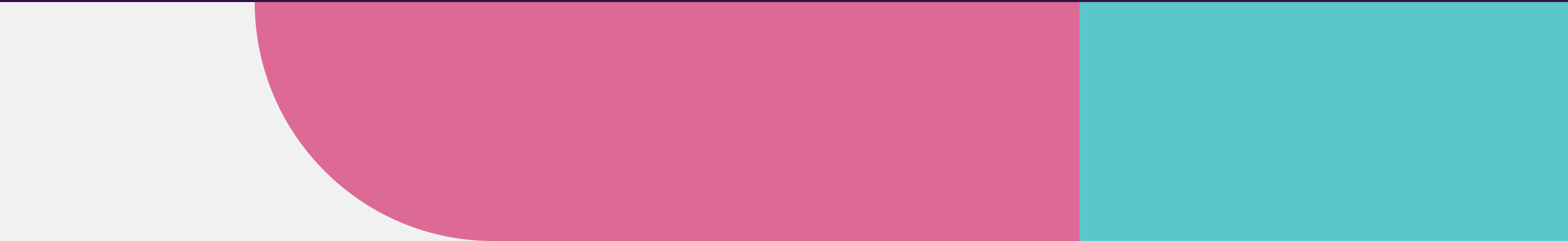




# Healthy Mental Habits

Wiring Ourselves for Great Health



# Friendly Reminders

While waiting for others to join us...

- ✓ Have a pen and paper on hand  
Ask questions in the chat
- ✓ More time for Q&A at end
- ✓ Microphone on mute please!
- ✓ Enjoy

# About Me



Sue Landsberg

Senior Training Associate

- 1. Neuroplasticity**
- 2. Mental Fitness Techniques**
- 3. Healthy Boundaries**
- 4. Taking Positive Action**

# Neuroplasticity

The ability for your brain to change

## Learn–Unlearn–Relearn

# Autopilot

Think

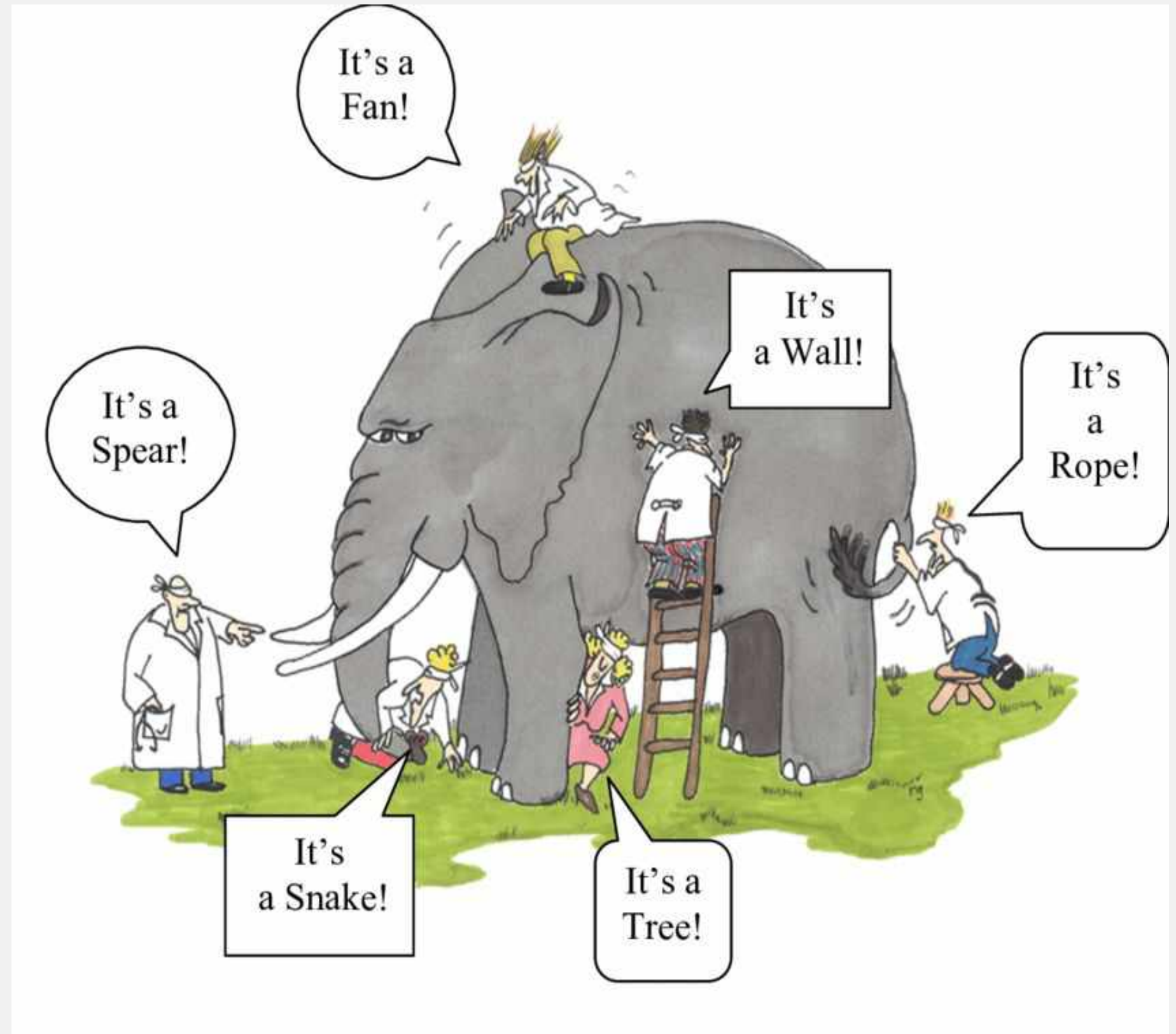
Feel

Act

# Thinking

- 1) Self Check In  
Be curious
- 2) Name it to tame it
- 3) Change the channel

Shifting your perspective,  
Shifts your state





# Feeling

- 1) Check In - Heart and Gut  
Be curious
  
- 2) Notice sensations in body  
Name them  
Allow them pass naturally
  
- 3) Soften - Soothe - Allow

# Create space

“

Between stimulus and response,  
there is a space. In that space is  
our power to choose our response.

In our response lies our  
growth and our freedom.

VIKTOR FRANKL

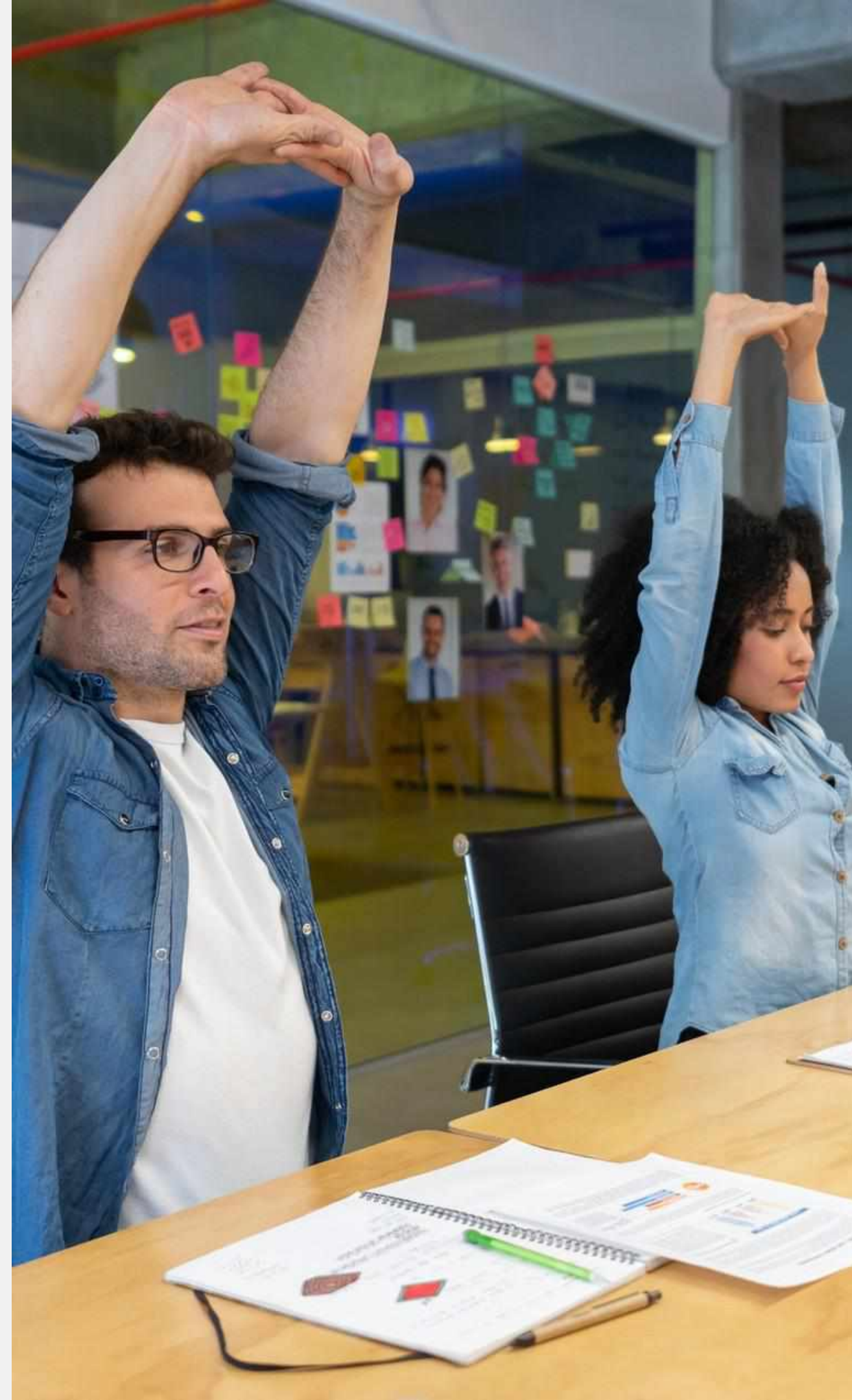
# Acting

- 1) Create space to choose response
- 2) Respond calmly and objectively
- 3) Remain Calm - Confident - In Control

# Mental Fitness Techniques

# Mental Fitness Techniques

1. S.T.O.P
2. Diaphragmatic breathing
3. Journey through the senses
4. C.A.L.M



# Healthy Boundaries

# Internal Boundaries

1. Self Talk/beliefs
2. Mental/Emotional Energy
3. Acts of Self Sabotage

# External Boundaries

1. Time
2. People
3. Information
4. Professional/Personal Life

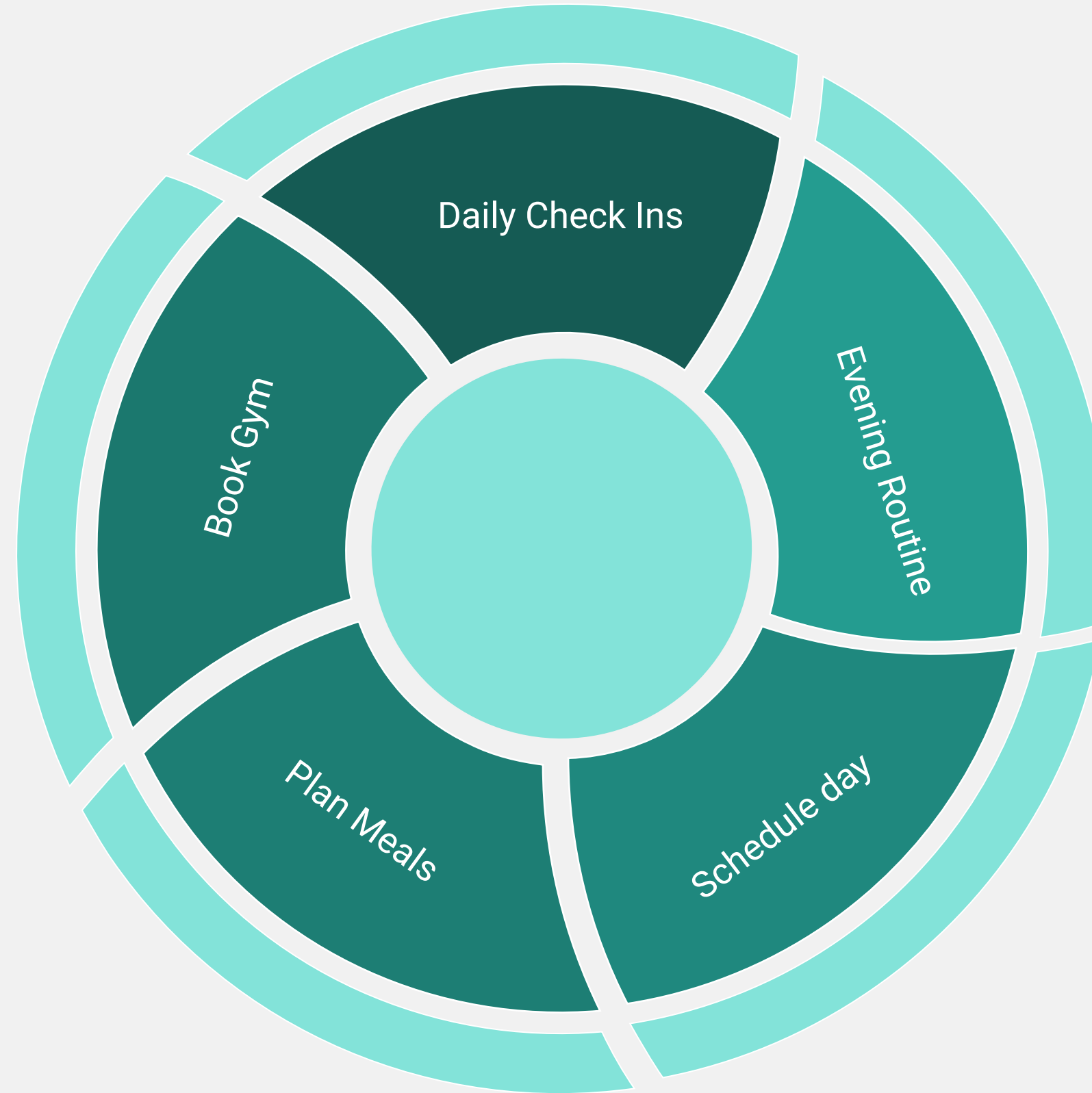


**Your mind is a  
garden,  
Your thoughts  
are the seeds.  
You can grow  
flowers  
or you can grow  
weeds.**



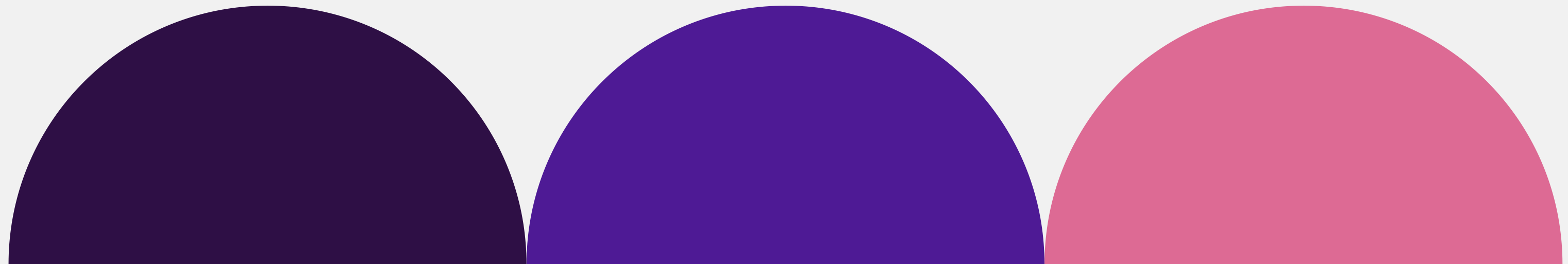


# Developing Positive Mental Habits



# Reflective Prompts

1. What's the most beneficial place to start?
2. What's my first step?
3. How will this positively impact me, others and my environment?
4. How can I make this fun?
5. How will I hold myself accountable?
6. How will I reward myself?
7. Who can support me in this?



**Thank you  
for  
joining us today!**