

Mental Fitness Survival Guide



Supporting Partner



Prioritising your mental health doesn't have to be just another task on your already-full to-do list. With a few simple, intentional steps, you can protect your mental wellbeing with the clarity and resilience needed to tackle whatever comes your way.



Pause to Re-centre

Next time overwhelm strikes, take a second to hit pause. Recognise your feelings, take a step back, and re-centre with mindful movement. A 10-minute walk, stretch, or even a quick dance can help lower stress, boost focus, and reconnect you with the present. Try going screen-free and really tune into the sounds and sights around you to reset your mind and body.



Practise Gratitude

Take 5 minutes to reflect on what you're grateful for—whether it's someone's support, a positive experience, or a simple moment of joy. Share this practice with others—at work or in your personal life—to boost collective positivity. Small, consistent moments of gratitude can shift your mindset and enhance your overall wellbeing.



Celebrate Wins

Focusing on positives in your day can reduce stress and build stronger relationships, which are essential for mental fitness. Take time in team meetings or one-to-ones to thank a colleague, recognise a milestone, or appreciate someone. These moments foster connection, boost morale, and support a healthier mindset.



Connect with Purpose

When work feels monotonous, reconnecting with your values and strengths can help reignite your mental clarity. Find small ways to give back—support a colleague, lend a listening ear, or offer to collaborate on a challenge. Acts of kindness can create a ripple effect of positivity—enhancing both your mental health and the wellbeing of those around you.



Prioritise Breaks

Taking breaks will help you manage stress, improve focus, and boost overall wellbeing. Schedule a dedicated lunch break each day—step away from tasks, disconnect from devices, and tune into your senses while you eat. These moments of rest allow your mind and body to recover, keeping you energised and present.

Download the Smiling Mind App for more tools and techniques and build mental fitness into your daily routine.

