

Mental Fitness Lab

Action Plan



Mental Fitness

- Anchoring
- Coping grief and loss
- Insulating for anxiety
- Understanding stress



Prosocial skills

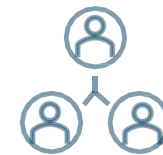
- Engaging in our environment
- Fuel with nutrition
- Gratitude
- Social connections



Leadership Skills

- Psychologically safe leader
- Supporting others

What actions will I take to keep myself safe?



Foundation: Triple A Learning Model

Create new behaviours through **Awareness, Accountability and Action**

“There is no goal line; Mental Fitness is a lifelong pursuit, no different than physical health”

-Dr. Bill Howatt



What actions will I take to keep myself safe?

Two vertical lines, one on the left and one on the right, defining a space for writing an answer to the question above.

Foundation: Triple A Learning Model

Create new behaviours through
Awareness, Accountability and Action