

Building a Healthy Mindset

When it comes to reaching our health and wellness goals, such as improving sleep, losing weight, quitting smoking or exercising more, our mindset plays a huge role in our success.

Our minds are responsible for processing our thoughts and making choices, which can have a big impact on how we feel about and navigate our wellness journey. A healthy, positive mindset makes achieving any goal much easier.

Building a healthy mindset:



1 Become aware:

When developing a healthy mindset to reach your goals, it is important to first become aware of your current thoughts about your progress and goals.



2 Reflect:

Are these thoughts limiting you or are they pushing you forward?



3 Reframe:

How can you reframe depreciating thoughts to make them more positive and growth focused?

For example:

| | | |
|---------------------------|----|---|
| "I can't do this" | to | "I have the choice to take action in my life" |
| "I will never get there" | to | "This is my journey, and each step I take is closer to who I am becoming" |
| "I am scared I will fail" | to | "I learn from each bump in the road and push forward" |
| "I feel worthless" | to | "I know I am worthy of feeling good" |

Depreciating thought → Positive and growth focused thought



4 Repeat:

It's not easy to reframe our thoughts. Like building a muscle in the gym, it takes time and practice.



5 Practice self-compassion:

Take some time to focus on what you love about yourself and what you have accomplished. Focusing too much on what we haven't achieved or don't like about ourselves can push us further away from motivation and action.

The following techniques can help you improve your mindset and practice self-compassion:

A

Journaling:

Set time aside each morning to write out any thoughts or feelings. You can use journaling to let go of any negativity and reframe your situation.

C

Visualization meditation:

Take 10 minutes each morning to close your eyes and visualize your goals. What does success look like? How does it feel?

B

Affirmations:

Affirmations are positive statements that you can recite to yourself when you notice negative chatter. For example, "I am strong" or "I am capable of change."

D

Setting intentions:

Setting intentions gives us a clear, simple picture of who we want to be and what we need to focus on to make it happen. Setting one simple intention each day instead of several can make this more meaningful and achievable.



Need help adjusting your perspective?

Contact your Employee Assistance Program. We have the guidance, tools and resources to put you on a more positive path.



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