

Working Well: What is your plan for mental fitness

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We know that together our physical and mental health impacts our overall health. Heritable, environmental and circumstantial factors can influence our mental health and wellbeing. Mental fitness is a fairly new concept and is one way we can invest in our mental health that enhances our resilience and contributes to a positive sense of how we feel, think and behave. The process of developing a mental fitness plan is similar to the way that a physical fitness plan is created. Fitness activities can be highly individualized, complement our daily schedule, align with our strengths and interests, require a paced approach to build stamina, and can often be done on our own.

Practicing gratitude and small acts of kindness, mindfulness, and conducting a regular [inventory](#) of how you are doing over the course of the day are all mental fitness activities. For Mental Health week, the Canadian Mental Health Commission of Canada has highlighted a key mental fitness strategy – staying connected. This means reaching out to your friends, loved ones, colleagues in an authentic way to share how you are feeling or to listen with genuine interest to the experiences of others.

Consider the range of self-care activities and practices that you can intentionally choose to develop your own [mental fitness plan](#). A holistic, or whole person approach to your plan can help you to discover strategies to maintain and enhance your health and well-being.

#GetReal!

How are you committing to stay socially connected? We'd love to hear what social connection means to you! Send us your tips and ideas by emailing healthpromotion@phsa.ca or share a photo of how you're engaging in social connection and tag PHSA on Twitter (@PHSAofBC) or Instagram (@PHSA.BC) with #GetReal.

All staff: Interested in meeting a new PHSA staff member over a 15 minute Virtual Coffee Conversation? Sign up on the [LearningHub](#) to be paired with another participating staff member.

Wellness webinars

Join the wellness webinar [Calming Your Mind in Challenging Times](#) on May 8th from 12:00pm-1:00pm.

Virtual yoga:

For a light stretch and breathing exercises, join free lunchtime virtual yoga on Tuesdays and Thursdays from 12:00pm-12:20pm via Zoom.

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Medical staff: Register for Doctors of BC, Physician Health Program at <https://bcmj.org/news-covid-19/psychological-ppe-peer-support-beyond-covid-19>.

This Joule COVID-19 [learning series](#) is intended to provide support and guidance to help physicians and medical learners cope with unprecedented pressures due to COVID-19.

Need more information/resources?

Visit mentalhealthweek.ca to learn more about ways to stay socially connected or the [Health Promotion page on PHSA.ca](#)

Access the [COVID-19 Pandemic Toolkit for Staff](#) from Homewood Health, PHSA's Employee and Family Assistance Provider.

Check out [staff resources](#) to help with coping with COVID-19.

PHSA's Psychological Health and Safety team supports the mental health of all employees in any PHSA program, service, or division. To learn more about the programs and services available to staff, visit us on [POD](#) or at [PHSA.ca](#). Questions? Email healthpromotion@phsa.ca.