

GET MENTALLY STRONG



Get rested

Look after yourself! We are at our best when we keep ourselves well and practice self care.

Get ready!

Set some goals, form some habits, use your strengths, and learn what keeps YOU on track.

AND

Rethink

We choose how we think about situations. Find a positive light

Reassure

We are talking to ourselves all the time! Find positive things to say.

AND

Ask

It's okay to ask for help when you need it



AND

Offer

Making the world a better place makes us feel better too!



Choose

Play catch! Try to catch negative thinking and stinky moods before they catch you!

AND

Challenge

Are your expectations fair?
Are your feelings harrasing you?
Challenge them!

Calming Kit

Learn what makes you relax when you are upset.

Daily Rituals

It's proven! Life is better when you have a regular practice of gratitude and journaling.

Enjoy!

Notice and savour special moments. Show your thanks!



WANNA BE STRONGER?

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Do It Daily

Add regular practices, like
exercise, gratitude or journaling.

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Frame the decision

Sometimes the decision is deeper than it appears. What exactly are you deciding between?
What is at the heart of the decision?

Explore emotions

Most decisions aren't neutral. There are underlying values vying for precedence or worries or concerns. Work these out now!

Prioritise

Decisions aren't equal. Identify how much attention this one warrants:

Is it urgent? Is it important? Is it reversible?
Do you need to make the best decision?
How much time do you want to take to decide?

Set Parameters

Start with what is important, and decisions will come easier.

What is ideal? What is realistic? What is unpalatable? What are your values?
Whose happiness is most important?

Analyse

Use tools to identify, weigh and compare options

Visualise options across a spectrum
· Use a cost-benefit analysis
· Create a scenario map. Widen your options!

THEN

Act

Take decisive action! Document it and/or do it!
Expect doubts, but stick with your decision unless new information comes to light

GET DECISIVE

Not deciding is a decision

Indecision erodes our ability to reach our potential

To be a decisive person, start acting like a decisive person.

Many people don't have these opportunities or choices

Free yourself from the idea that there is a 'right' decision. There often isn't.

Do a reframe - If I say 'no' to this, what am I saying 'yes' to?

Most choices are not as crucial as they seem.

There are many course corrections in life!
Don't fret about regret.

Procrastination is a choice to drag things out that you have to do anyway. It costs. Stop spending life without thinking on it!

Look for decisions you default into, and consciously make them

**CHALLENGE YOURSELF:
WHAT IS TO BE GAINED
BY DELAYING?**

WHAT'S JAMMING UP YOUR DECISIONS?

Fear of Failure

Jody always considered herself the 'clever one' and her brother John was the 'good looking one'. Being successful made Jody feel okay about herself. Because of this, Jody was terrified of decision making. It felt like too much was a stake - a failure would crush her self-image.

Fear of disappointment, regret or missing out (FOMO)

Every time Kelly showed off a new purchase, she would brag about the low price. She just loved a bargain! But Kelly would defer and defer purchases until she deemed a cheaper bargain impossible. She just couldn't stand the idea she could have got it cheaper.

Fear of feeling trapped or restrained/Fear of commitment

Anna liked her freedom. She felt frustrated when people tried to book her social calendar two weeks in advance. She liked to be able to choose what she would do on the day that she would do it. Being locked down gave her a sense of being trapped, and she avoided it where possible. In fact, she hadn't been proactive on the job-seeking front because she didn't want to be locked in.

Fear of feeling out of control, uncertain or change

Adam hated change. He hated the feeling of being out of control and not knowing what was coming next. It's why he kept the same flat, even though it didn't meet his needs; the same job for the last 15 years; the same hobbies; and hadn't tried dating for years. Avoiding decisions meant avoiding change, and that's what he felt comfortable with.

Fear of feeling misunderstood or distrusted

Madge's stepfather asked if he could stay with her after he split with her mother. He is a penniless senior citizen - the only other choice is the night shelter. She struggles with the choice in light of what her family may think. She needs them to trust that she is on their 'team'.

Fear of feeling lied to, naïve, or deceived

Anna had been fed a lie once, and it was never going to happen again. She had no problems making decisions that could be tested and rationalized. But the moment people judgment was involved, she felt ill-equipped - What if they were not who they seemed to be?

Fear of feeling cruel, unfeeling or unsympathetic

Michael is on the school board, deciding between keeping the current long-term canteen contractor with its unhealthy food or bowing to an vocal parent body, demanding healthier options. He's tried looking for a 'third way', but they aren't viable. He's stalling the decision because he never likes making choices between people and that someone won't like.

Fear of feeling ambushed, ill-equipped, or caught out

Steven never knew when he had enough information to make a decision. He'd never been particularly academic, and kept wondering if he was missing something crucial. So he would research and research and get completely lost in the process.

FIND AND FACE YOUR FEAR

GET DECISIVE

If we free ourselves from thinking there is a right decision, what would we choose?

Choosing this now does not stop me from making other choices in the future.

There are many course corrections on a great journey
Failure is not fatal, it is feedback. If I take the wrong one, or
If I regret a decision, I am still the same wonderful person.
Success is getting up one more time than you fail
A wrong decision is still valuable – providing I can recover from it and learn from it.
Nobody can live confidently in a 'one chance' life
To get what we want, we all have to step out of our comfort zone.

Not deciding is a decision.

Indecision subtly corrodes at our ability to reach our potential

Life involves choices – it's everyone's experience so deal with it.

Decisions are just choices taken. There is nothing to die in the ditch about them.

Only idealism says, I can 'have it all'.
Decisions require tradeoffs.

To be a decisive person, I need to start acting like a decisive person. Fake it until I make it.

Procrastinating is a choice to drag things out that I have to do anyway. It costs.

There is also a cost to trying to maximize/crucialising. What is it and is it worth it?

There is no crystal ball and the answer is unlikely to just emerge. I have to make the choice.

Many people do not have any opportunities or choices. I can be thankful for mine.

Reframe: If I say no, what am I saying yes to?

Choosing this now does not stop me from making other choices in the future.

DECISION TOOLS

FRAME THE DECISION

Do you really know what you are deciding? Try and work out the heart of the decision.

EXPLORE EMOTIONS

Most decisions aren't neutral. There are underlying values vying for precedence or worries or concerns. Work these out immediately

RANK YOUR DECISION

Decisions aren't equal. Identify decisions that warrant more attention.

GET YOUR VALUES CLEAR

Be clear on what you want and don't want and your values.

USE TOOLS!

Habits, daily goals, getting information and making a decision, getting organised.

INDICATE PREFERENCE

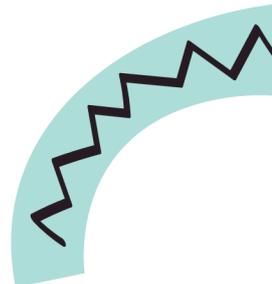
No shame in asking. Talk about feelings.

WHAT MAKES DECISIONS HARD?

- A 'people factor' – whether it's not wanting to feel cruel or unfeeling, not wanting to feel misunderstood or distrusted, not wanting to dictate or even being scared of trusting other people.
- Commitment/Change aversion – don't want to be trapped or to face the new direction and change a decision would involve
- Lack of decision making nous – not facing the need to make a choice (idealism), not having a personal sense of priority, feeling ill-equipped at decision making, or not having the reflective insight to really think-through a decision

WHAT MAKES DECISIONS HARD?

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AND

Get ready!

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Rethink

We choose how we think about situations. Find a positive light

AND

Reassure

We are talking to ourselves all the time! Find positive things to say.

Choose

Play catch! Try to catch negative thinking and stinky moods before they catch you!

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Challenge

Are your expectations fair?
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Challenge them!

Ask

It's okay to ask for help when you need it



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Offer

Making the world better makes us feel better too!



Calming kit

Learn what helps you calm down when you are upset.

Daily practices

Get going on a daily gratitude, journalling and understanding your feelings.

Enjoy!

Savour special moments and practice gratitude

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WELL-BEING TOOLS

BE AWARE OF YOUR BODY
Body signals
Strength

CALMING PRACTICES
Breathing
Other things that you've worked out.

BIG PICTURE
In the context of the bigger picture. Gratitude. Choosing to look.

SELF-CARE
Injury, guided meditation, healthy solutions, exercise

CREATE A PLAN
Tasks, daily goals, get information and making decision, getting organised.

ASK FOR HELP
No shame in asking.
Take out feelings.

CREATE ASSURANCE
Coach yourself through hard things to say to yourself.

SELF-REFLECTION
Calling out
Identifying
Validating feelings.

ATTENTION TRAINING
Negative thinking traits
Catch self talk
Catch unfair expectations
Feelings
Default moods

REST AND RELAXATION
Mental respite
Taking space
Warming up triggers same thing as social warmth. So warm up!

MENTAL RESPIRE
Mental respite
Taking space

MENTAL RESPIRE
Mental respite
Taking space

LOOK UP
Compare with others

REFRAME
View negative events as unfortunate and not permanent.
Martin Luther King.

WELL-BEING TOOLS

DEFENSIVE PESSIMISM

Think of the worst case scenario and then make a plan to avoid it.

REASSURANCES

What would a good friend say?

BENEFIT-FINDING

Try and find the good in situations

ACKNOWLEDGE THE GOOD AND THE BAD

Don't just focus on the bad stuff.

COMPARE WISELY

Only compare yourself to people worse off than you.

USE YOUR STRENGTHS

Identify your top strengths and find a new way to use it each week.

SCHEDULE WORRYING TIME

Don't not let these feelings have voice, but give yourself a set time to do it.

COGNITIVE DIFUSION

Repeat words to reduce their power - try a funny voice.

ATTENTIONAL THINKING

Negative thinking traits
Catch self talk
Catch unfair expectations
Feelings
Default moods

CHANGE OUR SETTING

Simply walking out of the room can change how we feel. (University of Notre Dame)

SAVOURING

Mental respite
Taking space

SELF COMPASSION

Treating ourselves with kindness
Understanding common humanity - we are all imperfect.
Mindfulness - being aware with clarity.

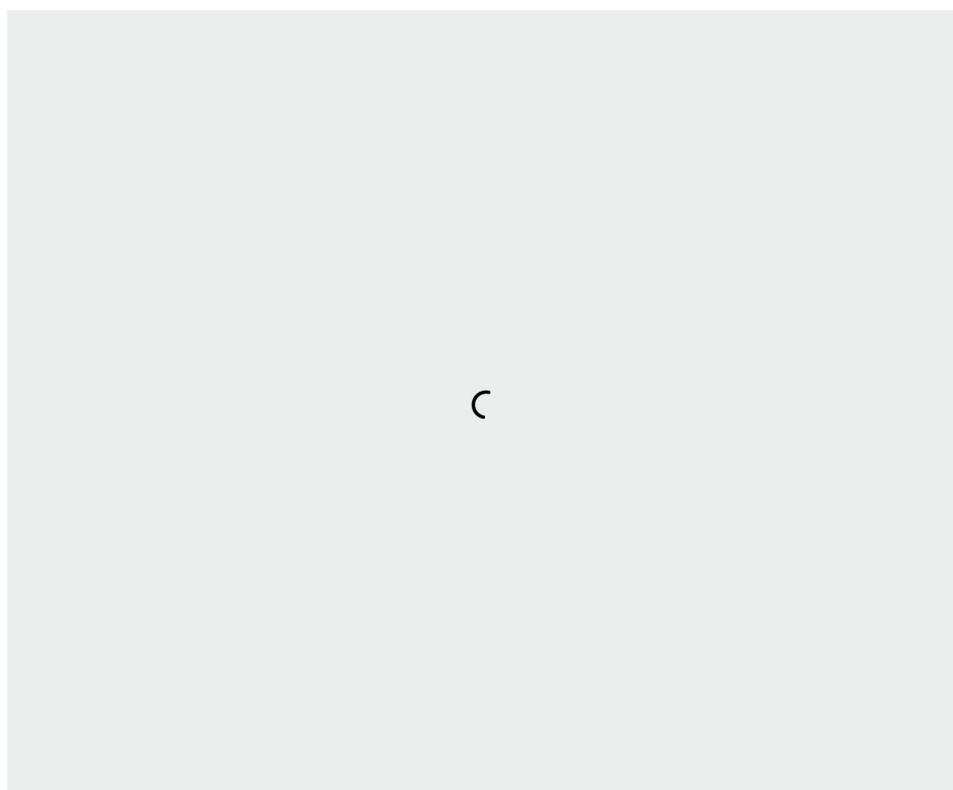
LOOK OUTWARD

Give
Empathise with others

REFRAME

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Martin Seigman.

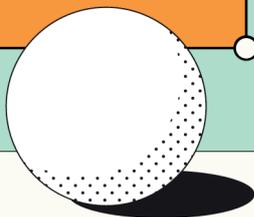
FROM HAPPIFY APP



[HTTPS://MY.HAPPIFY.COM/HD/SELF-COMPASSION-INFOGRAPHIC/](https://my.happyfy.com/hd/self-compassion-infographic/)

HOW TO SUPPORT

YOUR ASIAN AMERICAN & PACIFIC ISLANDER (AAPI) FRIENDS AND COLLEAGUES



Empathize with them.

Do not dismiss the fears and anxiety they might be going through. Assure them of your love and support and that you're thinking of them.

BE THEIR ALLY

Educate yourself on the manifestations of racism in society. More importantly, be the person to call it out whenever you witness it uttered or acted on by other people in public.

Help them heal.

If your friends or colleagues open up to you, sincerely see and hear them out. Be the person they can honestly disclose their worries and feelings.

Walk with them.

If they need someone to accompany them as they go out to exercise or do groceries, do it with them. Assure them they don't have to live in fear.

SEND THEM A CARE PACKAGE

Express your utmost support as they process their trauma and fear. Know activities they like and can make them happy.

