

MINDSET & MONITORING YOUR MINDSET

Is your thinking helpful, balanced and realistic?

Remember, this too shall pass. It is temporary.

This is difficult, though it is also an opportunity to change, adapt, grow

MANAGE UNNECESSARY SCREEN TIME

Set limits on time and location

Avoid endless scrolling

Incorporate non-screen based activities and hobbies

If possible, keep technology out of the bedroom

LIMIT ATTENTION TO THE NEWS

It is important to know what I going on, though in moderation. Limit to a short period each morning and evening

Use reputable News and Information sources (not social media)

COMMUNICATE HONESTLY

Present realistic views about the situation and acknowledge the challenges

Share your feelings and thoughts

Develop realistic plans to overcome any challenges

RESILIENCE

Have the courage to have a go at new activities

Know that you can bounce back from any setback

Throughout time, humans have tried, failed, picked themselves up and tried again

GRATITUDE

Make sure you remember the good things and overcome our brain's negative bias

Remind yourself of the people, places, things you are grateful for

Use the 3 good things app
Practice it daily!

MINDFULNESS

Use mindfulness to slow down, recognise and regulate your thoughts
Focussing on your breath can help reduce anxiety and help tune into any physical responses associated with fear and stress. Use Smiling Mind, Headspace, Take 5.

LIFE'S MEDICINES

Walk the dog, cook a nutritious meal, do a 30 minute yoga session

Read in the garden or on the balcony or do some gardening

Exercise

MEANING, VALUE & PURPOSE

Determine you values – how can they be beneficial at this time?

Remind yourself of what you are good at – do more of this!

What gives you a sense of meaning and purpose?

How can you create goals towards living your values and moving towards purposeful actions?

SCOTCH FIT PSYCHOLOGICALLY FIT

PREPARE FOR POSITIVE MENTAL HEALTH THROUGH MINDSET, COMMUNICATION, RESILIENCE, GRATITUDE AND MINDFULNESS.



Scotch FIT

Wellbeing at Scotch is characterised by maintaining a balance between the resources we possess and the challenges we face. The Scotch Fit framework reminds us that wellbeing is a multi-faceted construct.