



5 MENTAL EXERCISES TO STRENGTHEN YOUR EMOTIONAL FITNESS

- ★ CHECK IN WITH YOURSELF MULTIPLE TIMES OF THE DAY
- ★ ACKNOWLEDGE THE EMOTIONS AND THOUGHTS SO YOU CAN BECOME AWARE OF THE TRIGGERS.
- ★ DONT MAKE YOUR EMOTIONS 'WRONG. BY ACKNOWLEDGING YOU ARE NOT YOUR THOUGHTS, FEELINGS AND EMOTIONS, YOU BECOME OPEN TO LEARNING AND GROWING, INSTEAD OF REACTING.
- ★ FEEL YOUR EMOTIONS FULLY. THE EMOTIONS ARE THERE BECAUSE THE TRIGGERS ARE THERE AND YOU CAN'T JUST STOP THE CIRCUIT. INSTEAD YOU HAVE TO GIVE YOURSELF THE PERMISSION TO FEEL YOUR EMOTIONS FULLY.
- ★ WIN THE BATTLE IN YOUR MIND BEFORE IT BECOMES REAL. MOST OF THE TIME THE FEAR IS NOT REAL