



YOUR MENTAL HEALTH
IS IMPORTANT

TIPS TO INCREASE YOUR MENTAL RESILIENCE DURING DIFFICULT TIMES

Explore resources and exercises
from your Life Time support team

LIFETIME[®]
HEALTHY WAY OF LIFE

We are all facing a time of unprecedented concern.

It is natural during a crisis that our body and mind begin to flood with stress and worry, creating a heightened sense of physical and psychological distress. Under these conditions, it is common for your mind to feel overwhelmed, unable to focus, and easily distracted while your body may feel disconnected in an adrenaline rush, followed by exhaustion. This is the stress response working overtime. Staying in this state for too long is hard on your mental and physical health, affecting your ability to stay healthy and resilient.

In order to protect your mind and body during this time, Life Time has put together some simple mental exercises and suggestions for you to use as you strive to remain healthy and fit over the coming weeks:



Mind/Body Grounding exercises help you turn down the stress response, relax your body and focus your mind:

Grounding Exercise:

Sit forward in your chair, feet firmly planted on the floor. Focus on an even, in and out breath. Next, allow your eyes to scan the room from ceiling to floor, in front of you and on both your right side and left side – making sure to crane your neck around enough to “check your blind spot”. Repeat this 3 times and feel your nervous system calm, knowing it is safe and there is no threat around you.

Centered breathing:

Take six deep breaths inhaling deeply through your nose, exhaling through your mouth pursing your lips like you are using a straw. This simple technique resets your central nervous system.

Focused breathing:

Calm your busy mind by focusing your thoughts. Close your eyes and breathe evenly in and out using two-word statements, such as: Pass Through, Just This, I'm Okay or any two words that calm you.

Healing visual:

Sit in a quiet space, close your eyes and breathe evenly. Next, visualize a healing light shining through your body. Focus on every cell drinking in health and serenity. Visualize your immune system being bolstered by this light. Say to yourself, "My body is strong and healthy."

Loving kindness mediation:

Sit in a quiet space, close your eyes and place your hand on your heart. Breathe evenly. Repeat the following statements: "May I be safe. May I be healthy. May I live with happiness and ease."

Mind/body movement:

Move your body physically through mind/body exercise such as stretching, tai chi, yoga, walking outside, etc. Moving this way strengthens your mental resilience, boosts your immune system and calms your nervous system.



Thought-shifting exercises help you control your inner conversation and steady your mental state:

- Manage your media intake to control the drama dialogue:

Become aware of the drama dialogue that is on a loop in your brain is very important. The more you watch and take in negative information about this crisis, the more it imprints onto your nervous system. Choose your trusted media source and check it with limits.

- Level set your thinking:

Sit in stillness and acknowledge the thoughts that are coming up for you about this crisis. Write these thoughts down. Now ask yourself, which thoughts are valid/true? Make a note. Ask yourself, which thoughts are helpful vs. harmful? Make a note. Finally, ask yourself, what wise action can I take to address my thoughts that is responsive instead of reactive? Take the wise actions available to you.

- Practice rehearsing more helpful thinking:

Tell yourself positive, true statements like: "I am healthy now, I am making responsible choices for my health, I am doing what is in my power to take care of my life, I have access to a medical system that can help me, I work for a company that is thinking proactively about my well-being, I have people that love and support me." It can be helpful to write these statements out and post them where you can see them throughout the day.

- Shift your perspective and see how this time is benefiting you:

What does the gift of working remotely, having more "down time" or experiencing a deeper connection to what's going on in the world allow you to focus on? How can you choose to create joy in your day to day life under these circumstances? Remind yourself that crisis comes to an end and this is a temporary situation: You can even post a note on your computer or mirror that says: "This crisis will end".



Solution-focused exercises help you focus on the positive and feel more in control during escalating, negative circumstances:

- Appreciation exercise:

What do you love and appreciate about others in your life? Share your thoughts with them in a note, email, text, phone call. Infuse your immediate world with positive messaging.

- Protection exercise:

Protect your hope by avoiding over indulgence of media, spending too much time with people that get you unnecessarily worked up and worried, or over focusing on negative thinking. Distract yourself by doing things that make you feel normal and happy, such as: working out, cooking, watching your favorite show, etc.

- Kindness exercise:

Increase acts of kindness and compassion to others. Serving others and being in an empathetic frame of mind helps you feel better.

- Future exercise:

Create a positive visual of how you and those you love will make it through this crisis by writing out a paragraph describing your ideal future that will follow this challenging time.



During this time when you may be feeling powerless or overwhelmed, taking good care of your mental and physical health is paramount.

Life Time is here to help you through and we remain your key resource to support a Healthy Way of Life. You can continue to pursue and protect your health and fitness by accessing helpful information on mylt.life and experiencelife.com.

Be well and stay well,
Your Life Time Support Team