

Four Ways to Develop a Healthy Mindset



Stress is unavoidable, ultimately it would depend on how we react to the stressors. Some stressors can be fun and enjoyable, while some stressors can make you pull your hair out. Individuals have positive reactions while for some it can be the end of the world. Mental wellness has been on the rise of discussion because of the effects on individual's lifestyle. Everyone has their own way to cope with stress, but here are 4 ways to hopefully aid you in developing a healthier mindset.

The 4C's Cope-Confidence-Commitment-Challenge.

1. How to grow our capacity to Cope: Visualization or imagine happy times that you've experienced. This will improve your mood and can even get you motivated. Its also great to visualize a positive outcome. If the stressors are acute then taking deep breathes, stretches, identifying the goals, meditation, and positive self-talk etc. are easy and great ways to cope with sudden stressors. Its natural to think of the negative outcomes of a stressor but if we can prime ourselves mentally it becomes easier to deal with those negative stressors. Making positive routines will also boost the cope strategy to deal with stressors.

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2. How to grow Confidence: Confidence is something that can be used in every aspect of life. When you notice yourself in negative thoughts practice shifting the focus on something that will help strengthen your belief in success. Surrounding yourself with people whose opinion and company will bolster your own sense of worth. It's also important to prepare. Preparing will help things organize in which limits uncontrolled outcomes.

3. How to grow Commitment: Goal setting has been the main source of commitment and accountability. Think of the negative obstacles that can intervene on your commitment, and plan on how to address them. Writing them down in a contract to yourself is a great way to plan. Practice distancing yourself to self-doubt. We tend to be our own worst critic so it's best to shift our focus on what's important now, what's current task at hand.

4. How to grow our capacity to embrace Challenges: Challenges can be thought of as a positive or negative obstacle. It's best to think of challenges as a motivator (Positive). Without challenges we won't grow. Instead of dealing with challenges, it's best to seek them out that. Each challenge accomplished we feel more confident and gain a sense of accomplishment.

Reference: American College of Sports Medicine: Four Ways to Develop a Healthy Mindset by Greg Chertok, M.Ed., CMPC

<https://www.acsm.org/education-resources/trending-topics-resources/resource-library/detail?id=76ad9c87-33a5-42a2-bfcf-b039e5a61480>

