"How I Practice Mental Fitness"

Please note that mental fitness story submissions should be no longer than 200 words and may be edited for content.

How do you practice mental fitness? Send us your story!

There are so many ways to practice mental fitness. Here are some real-life stories from our site:

I get up at 5:15 am and go swimming with my daughter from 6 am to 7 am in the pool. Swimming in the early part of the day gets me going for the rest of the day. To go out to appointments and work isn’t a problem. My whole day goes smoother, and my motivation to think through things has increased dramatically. It’s a great way to start my day.

— Heather

On my very stressful and hard to handle days I just sit back, take a few deep breaths, watch my children play and laugh without a care in the world. I let them be my example, so I am successful at this.

— Liz

I joined the local women’s hockey league that just started in my community. I love it and keep it going. It keeps me active playing three times weekly, keeps me socially connected to my friends and keep my body in shape (which makes me feel great in those special jeans). Plus those awesome women’s hockey tournaments are like nothing else you could experience!

— Hockey Woman

I am very busy in the community. As a student, I don’t have a lot of time to spend time with my dog and children, take long walks through the river valley, and make certain to go to the gym at least 3 times a week. I love to paint and take downtime on the weekend. When I am stressed, nothing beats long bubble baths and a hot cup of tea. I like to curl up with a good book and drift into a little afternoon nap. It gives me a much needed break from my hectic day.

— Lina

I do a 4 day work week from Monday to Thursday 8A.M. to 2:30P.M. After work, I make it a habit to stop at my health club and do a 1 hour workout involving endurance wt. training—light wts. and more reps. My workout usually helps me of any tension and headaches, and clears my mind. I spend leisure time listening to music of any tension and headaches, and clears my mind.

— Heather
favourite music—the oldies, V.S.O. concerts. I also invest time reading good the contemporary ones. I practise speed reading and also enjoy the great o wherever I can find some sunshine and the ocean. --- Angie

When my moods get low I walk my two dogs in the beautiful parks near my the way they run and play and enjoy themselves makes me feel better. I als nature and the exercise and fresh air does wonders for me as well. --- Lynn

Recently I was diagnosed with ADHD, Non-Verbal Disability, anxiety and st allowed to work so I have been going to the "Y" and doing Pilates, Yoga, St Design and even Spinning. The instructors’ noticed a difference in my body while doctors saw no improvement. I feel like a million dollars and that is w' Barb

I have suffered from chronic pain related to a car accident since ’95, with su depression. About 2 years ago I began a journey which led me to a combi work with a trainer at least 3 times per week now, and include walking, yog into a lifestyle change). I have also completely changed my diet and I practi still have difficulties with depression and chronic pain, however there is mor life now. --- Jan

Give thanks everyday for your health. Make time to do the things that you e (walking, exercising, traveling to a favourite location- park or city). Make a c looking after yourself – only you can do this!

I have suffered at times from anxiety and phobias. I have found over the ye; pronged approach works best: meditation and no caffeine. One calms the b the mind. Meditation has helped me develop perspective, have realistic exp others, and develop strategies to reduce stress. My quality of life would be without my daily meditation practice. --- Cynthia

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