

# Mental & Emotional Fitness

by Bob Czimbal

Mental and emotional fitness is mental muscle power. We need flexibility, strength and endurance to be strong mentally and physically.

## Flexibility:

The ability to change your attitudes to best fit the situation - mental agility.

## Strength:

The skills to balance the rational and emotion mind to make the best decisions.

## Endurance:

The strength to respond day after day to challenges that arise.

One of the primary sources of our inner strength is self-esteem. For example: a strong body without self-confidence limits the ability to act. When a person with self-esteem is confronted with a barrier, he/she will figure out ways to go over, under, around or through the wall. If one of these strategies doesn't work he/she will dismantle it or go in a different direction.

Challenge and change are constant. The rate of change is increasing daily. Resistance to distress is dependent on your level of mental fitness.

Here are some examples of the skills needed to thrive.

Welcomes challenges.

Copes well with adversity.

Bounces back after tragedies.

Able to deal with difficult people.

Handles stress with a positive attitude.

Possesses good problem-solving skills.

Willing to express personal points of view.

Remains calm in demanding situations.

Problems are seen as opportunities.

Assumes responsibility for actions.

Learns from mistakes.

Keeps commitments.

Able to ask for help.

Able to laugh at self and life.

Maintains friendships and intimacy.

Removes self-destructive behaviors.

Knows that he/she can count on self.

Demonstrate respect for self and others.

Has a realistic appreciation of importance.

Sees the long-range effects of decisions.

Actions and beliefs are in harmony.

Converts awareness into action.

Perceives reality effectively.

Feels in charge of life.

Takes initiative.

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