

Emotional Fitness

Gagetown Isolation Challenge

During your 14-day isolation period, challenge yourself by completing as many of the following challenges that focus on your mental and emotional fitness. Complete as many as you would like, at your own pace. If you really enjoy one of the challenges, repeat it.

Challenge 1: Breathe Deeply



Practice tactical breathing to reduce your stress and calm down. Breathe in for a count of 4, hold for a count of 4, and exhale for a count of 4. Try this out for 2 minutes total.

Need some help? Download the R2MR (Road to Mental Readiness App) and try out the Tactical Breathing aide.

Challenge 2: Set a Goal



Your goal should be SMART, which stands for Specific, Measurable, Attainable, Relevant, and Time-Based. For example: "My goal is to do PT 10 out of the 14 days in isolation, doing body-weight exercises for at least 30 minutes. This is important to me because exercise makes me feel good. I will record my workouts to track my progress."

Need some help?

- Download the R2MR (Road to Mental Readiness App) and try out the Goal Setting aide.
- Watch this PSP Health Promotion webinar on goal-setting: <https://bit.ly/3mYXXwh>

Challenge 3: Break Up With Your Phone



Put away your phone, tablet, or laptop 1 hour before bedtime. Try replacing this with something relaxing like a hot shower or reading.

Want to learn more?

Listen to The Happiness Lab podcast with Dr. Laurie Santos for tips on how to break up with your phone. <https://www.happinesslab.fm/coronavirus-bonus-episodes/episode-10-good-screens-and-bad-screens>

Challenge 4: Start a Gratitude Journal



At the end of the day, write down 3 things that you are grateful for. Thinking about things you are grateful for can lead to increased feelings of happiness, joy and optimism.

Challenge 5: Talk to Someone



Social support has benefits to our mental health. Reach out and initiate a conversation with someone you haven't talked to in a while.

- Watch this short video on the benefits of social support from PSP Health Promotion:
<https://bit.ly/32s5eeC>

Challenge 6: Dance Like No One's Watching



Play your favourite song and have a dance party by yourself. Need some music inspiration? Make a "Gagetown Dance Party for One" playlist on Spotify and share it with your other friends in isolation.

Challenge 7: Journal About Your Isolation Experience



Journaling can help you process and reflect on your experiences. Putting your emotions and thoughts down on paper can increase self-awareness and help you identify thought patterns, worries, or concerns. Journaling can also help put things into perspective.

Challenge 8: Read a Book



Feeling unproductive? Reading a book is a great way to keep your brain working.

- Check out New Brunswick's Public Library's online catalogue: New Brunswick public library gives you access to thousands of digital books, magazines and newspapers for free. The online registration will allow you to download online resources on your PC, Mac, eReader or mobile device. <https://www1.gnb.ca/0003/pages/en/car-e.asp>

Challenge 9: Catch some Z's



Make sleep a priority. Use this time in isolation to create a bedtime routine. Want to learn more? Watch this PSP Health Promotion webinar on sleep-hygiene: <https://bit.ly/3tA8WyA>

Challenge 10: Try Meditation



Meditation is a way to relax both your mind and body. Meditation reduces the stress hormone, cortisol. Reducing cortisol can have benefits to our immune system and decrease risk of chronic disease.

New to meditation? Try listening to PSP Recreation's Meditation Monday series on Facebook: <https://bit.ly/3dteXHK>

Challenge 11: Train Your Brain



Did you know you that your brain is able to rewire itself and adapt? This is known as neuroplasticity.

Try out some of these mental fitness exercises:

- Download the R2MR app and try some Attention Control exercises.
- Watch this short video on mental fitness exercises from PSP Health Promotion: <https://bit.ly/3eijpbs>

Challenge 12: Eat Your Meal Mindfully



Mindfulness is a form of meditation that involves focusing on the present moment. Eating mindfully results in more enjoyment of your food and better awareness of when you are full. Put away distractions such as browsing your phone or watching TV. Slow down and be fully present in the moment. Engage your senses by noticing smells, textures, flavours, colours and sounds.

Want to learn more?

- Watch this PSP Health Promotion webinar on stress and intuitive eating: <https://bit.ly/3ednEVT>

Challenge 13: Dump Your Inner Critic



Begin to listen to your self-talk. Interrupt negative thoughts about yourself and reframe them with positive thoughts. Be kind to yourself.

Want to learn more?

- Download the R2MR app and practice the Self-Talk tool.
- Watch this PSP Health Promotion webinar on self-talk. <https://bit.ly/3dAaaoh>

Challenge 14: Pick One and Repeat



You have explored a lot of new ways to support your emotional fitness. Pick your favourite and incorporate it into your routine outside of isolation.

Want to learn more?

- Watch this PSP Health Promotion webinar on change management: <https://bit.ly/2QAq1tV>