



MIND & BODY

Name: _____

Learn
Engage
Act
Develop

SWITCH

Perfection

to

Personal Growth

LEARN

Mentally healthy people feel happy and confident. They say, "I am enough, but I'm always striving to grow." A healthy mind leads to being physically healthy. These people have healthy eating and exercise habits, even under stress. Being mentally and physically healthy leads to a positive body image, accepting our bodies even if they don't match what social media and others think is desirable. Healthy people say, "I'm achieving my personal best, and my worth is not tied to my appearance."

Objective: To understand and reflect on your current mental and physical habits that are affecting your body image. To create action steps that will help you accept your personal best, leading to a healthier mind and body.

Why switch perfection to personal growth?
To create a healthy lifestyle.

Perfection is an unrealistically high standard, impossible to achieve. It's a drive that says you're not enough, which causes feelings of anxiety and depression, often leading to unhealthy habits. Switching your mindset to personal growth, however, is feeling satisfied that you did your best. Focusing on progress, not perfection, makes you more confident and courageous. It also makes you less stressed, and more successful in school and work.

Direction: Complete the LEAD steps in a journal or on this paper.

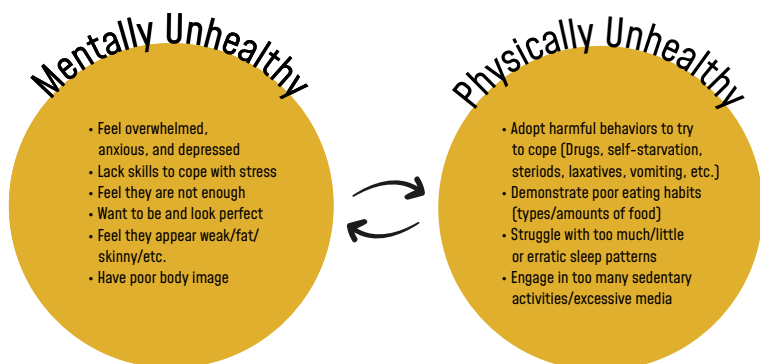
- Watch: [click link] **SOLE Effects: College Mentors on Mind & Body**
- Which story impacted you the most and why?

ENGAGE

- Read and reflect on both the unhealthy and the healthy mind and body cycles.
- Write the mental and physical habits you are exhibiting.

Remember that being honest with yourself is your best way to personal growth.

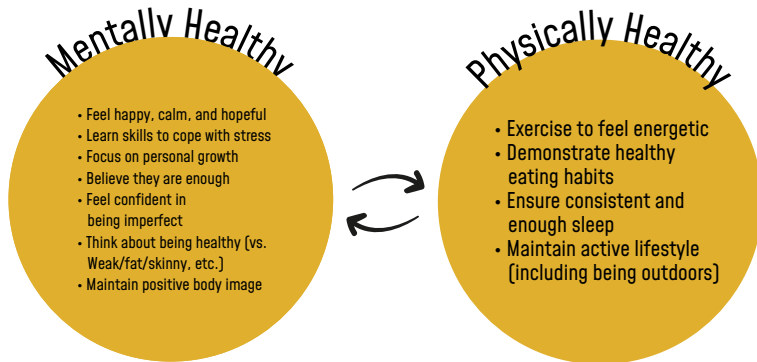
UNHEALTHY MIND and BODY CYCLE



My Mentally Unhealthy Habits:

My Physically Unhealthy Habits:

HEALTHY MIND and BODY CYCLE



My Mentally Healthy Habits:

My Physically Healthy Habits:

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ACT

Based on your Unhealthy Habits what small step will you take to work towards Mentally healthy habits?

Physically healthy habits?

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DEVELOP

When we replace our negative self-talk with positive, it leads to physically healthier habits. Complete these affirmations, post them, and reflect on them daily.

One thing I like about the way I look is...

Two people that make me feel good about myself are...

Three things I do each day that make me feel good about myself are...

Four things (not appearance related) I like about myself are...

Five things I'm extremely grateful for are...

Live Your Adventure!