



LEVEL UP FOR MENTAL FITNESS

WHAT IS MENTAL FITNESS? WHY DO WE CARE?

Just like staying physically fit helps us deal better with the physical demands of life, being mentally fit helps us do better at how we react to things like negative thoughts, situations, or emotions.

Being mentally fit means feeling good about ourselves and our lives and being mindful of how we think, behave and feel. When we're mentally fit, we can handle challenging situations more easily, more positively and more creatively. Great mental fitness doesn't mean that you feel happy ALL the time, but it gives you extra strength to get over hard situations more easily and more quickly.

Why does mental fitness matter for mental health? **Being mentally fit changes how we deal with life, making us less stressed and less likely to feel bad over time, leading to better mental health.**

Finally, **mental health and physical health go hand in hand.** Just like staying physically fit helps our mental health, being mentally fit helps our overall health by improving our immune system, decreasing physical tension, lowering blood pressure and reducing stress hormones.

IT ALL STARTS WITH ONE QUESTION...

Improving our mental fitness starts with understanding where we are right now. Think about your answer to this question...are you where you want to be?

My Mental Fitness rating today is...

It's Great 10 9 8 7 6 5 4 3 2 1 Needs Help

WE CAN HELP WITH THE ANSWER...

KNC Mental Health First Aiders (MHFA) are available to help you Level Up your Mental Fitness. If your answer was ...

10, 9, 8 or 7 - You are doing great! Keep up the good work.

6, 5, 4 - You are hanging in there! When you are ready to make some changes to Level Up your Mental Fitness, a KNC MHFA can help you make an action plan to improve your score.

3, 2, 1 - Don't worry. A KNC MHFA can help guide you to resources and people who can help. Please reach out to any of the KNC MHFA listed below:

JED ADAMS: 816-907-9991

CATHY WALKER: 816-814-0671

JOSH ADAMS: 660-351-1351

BRAD WEBER: 224-242-2361