

YST ACTIVE IN MIND



WHAT AM I WORRYING ABOUT?

Is there anything I can do about it?

NO?

Let it go.

YES?

Do it now or make a plan about how and when you will do it.

MANAGING YOU

This is your plan for change!

Use this poster to consider what actions will work best to **MANAGE YOU** and make positive changes to your mindset.

Remember to:

- Study and revise SMART by turning off distractions, using mind maps, taking regular breaks and giving yourself enough time to prepare.
- Keep a good balance between your school, social and family life; they are all equally important.
- Keep yourself active throughout times of stress and anxiety or when you need your brain to function better.
- Surround yourself with positive peers and role models.
- Use your Active in Mind Mentor wisely. They will help you **MANAGE YOU** and help you make positive changes.

POWER POSES

How can you change your posture to change your emotional state?

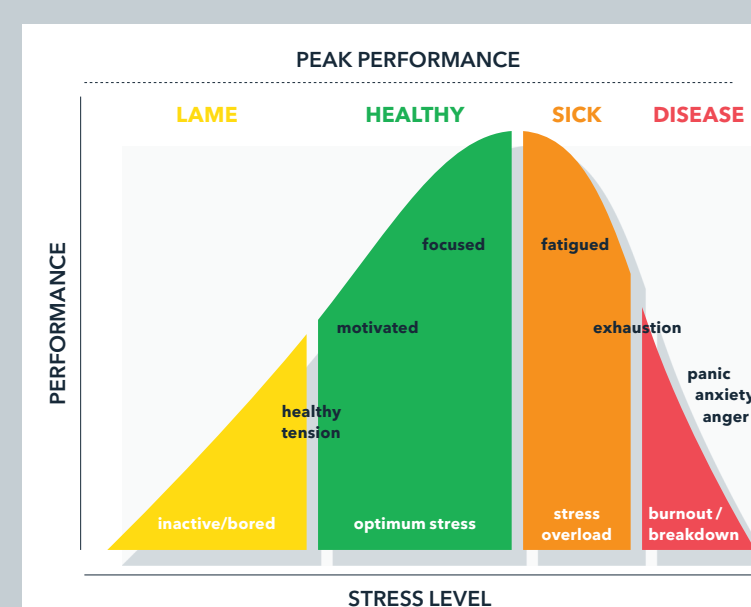
Your posture and how you hold yourself physically can have an impact on how you feel. Powerful postures can affect mood and positivity, such as:

- 1 Standing tall with shoulders back
- 2 Positive strides while walking
- 3 Holding your head up
- 4 Maintaining eye contact while talking
- 5 Maintaining a straight back while sitting

What are my stressors?

I can influence them by...

When I feel stress I notice...



NEURO-PLASTICITY

Your brain changes by the minute based on what you are thinking and doing.

I can change my brain by...

VISUALISATION

Successful people use visualisation to create neural pathways to success, mentally rehearsing their actions.

I am visualising...

MINDFUL RELAXATION

The technique I am going to try is...

NEW HABITS & ACTIONS

I AM GRATEFUL FOR...



EXERCISE

I need to increase the amount of exercise I do by [] minutes a day.

The benefits to me of exercising are...

I could add exercise to my day by...

HYDRATION

I can stay hydrated by...

I need [] water each day.

SLEEP

I need [] hours of sleep.

I could improve my sleep by...

NUTRITION

I could improve my nutrition by...

ENVIRONMENT

Your environment influences who you become, what you believe and do.

Who should be part of your support circle?

How does technology affect your attention, mood, sleep and memory?

I will change my technology use by...

A positive habit I will adopt is...

How can you change your environment to reinforce positive habits?

HABIT CHECKER

What will you do today to make it a good day?

Did you do something in the last 24 hours to take you closer to your goal?

S M T W T F S

S M T W T F S

S M T W T F S

S M T W T F S