The Mental Health Pie ingredients

INGREDIENTS:

Quality sleep

Regular exercise

Balanced diet

Activities that renew energy

Activities that enable me to lose track of time

Regular assessment of energy, emotion, classroom inside my head and environmental impacts

INGREDIENTS:

People to laugh with

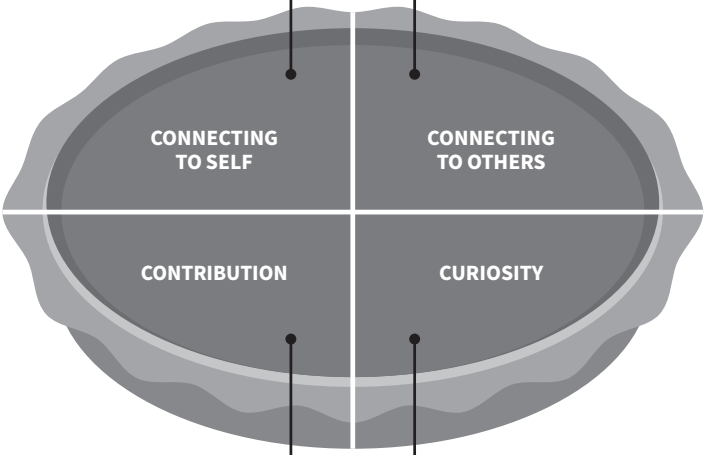
People to share pain with

People who truly know who I am and accept me

People I enjoy spending time with

People who bring out the best in me

People who encourage and push me



INGREDIENTS:

Thanking people every day

Helping someone learn something new each day

Creating a high performing team

Achieving objectives in the business

Supporting teams through crises

Sense of broader purpose and contribution to the world

INGREDIENTS:

Learning something new each day

Being able to flip mistakes into learning opportunities and applying this

Reading/listening to radio/podcasts/ebooks on different topics

Attending workshops/conferences

A hobby that I keep researching

Completing formal studies

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