

# 7 WAYS TO BUILD YOUR MENTAL STAMINA



## EMOTIONS

Notice & name them

## THOUGHTS

Argue the opposite to catastrophising

## MOODBUSTER

Find your energy changer

## 10 min Task

Get motivated by doing something for just 10 minutes

## WORRY TIME

Limit your worry time to a scheduled 15 mins daily

## OTHER'S BEHAVIOUR

Flip irritation or anger for generosity & kindness

## UNFAIRNESS

Feeling the injustice?  
Practice gratitude to

be thankful instead  
(c) Brave Your Day 2020

