

Suggested Action Plan for Mental Fitness

| Months | Resource | Approach | Goal |
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| 1-2 | Activity A-1 <i>Being at Your Best</i> | Carry out Activity A-1 in team or group format (could be included as part of staff meeting time). | Introduce the concept of Mental Fitness |
| 2-3 | Module 1 <i>Embracing Strengths and Wellness in the workplace</i> (Video + eBook) | Watch the video in group or team format. Encourage personnel to review the eBook after watching the video. | Present the Mental Fitness Needs |
| 3-4 | Activity A-2 <i>Identifying Mental Fitness Practices</i> | Carry out activity A-2 in team or group format (could be included as part of staff meeting time). | Identify Mental Fitness practices |
| 3-4 | Activity A-3 <i>Evaluate Mental Fitness Practices</i> | Carry out activity A-2 in team or group format (could be included as part of staff meeting time). | Assess the strengths and areas of development related to Mental Fitness practices |
| 5-6 | Mental Fitness Resiliency Inventory (MFRI) | Invite staff or team members to complete the online MFRI. | Create a profile of Mental Fitness and Resiliency practices in the workplace |
| 6-7 | MFRI Report | Distribute and Explain Reports | Consider the summary outcomes related to Mental |

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| | | | Fitness and Resiliency practices |
| 8-12 | <p>Module 2 <i>Understanding Others</i> (Video + eBook)</p> <p>Activity B-3 <i>Understanding Skills</i></p> <p>Module 3 <i>Encouraging Others</i> (Video + eBook)</p> <p>Activity B-4 <i>Encouraging Skills</i></p> <p>Module 4 <i>Engaging Others</i> (Video + eBook)</p> <p>Activity B-5 <i>Engaging Skills</i></p> | <p>Create a monthly plan to complete one Module (Video and eBook) and to one Activity on each of the Foundational Mental Fitness Practices (Understanding Skills, Encouraging Skills, and Engaging Skills)</p> <p>This can be accomplished in a small group or team format.</p> | Promote knowledge and use of Foundational Mental Fitness Skills |
| Additional Activities | Activity A-4 <i>Focusing on Strengths</i> | Carry out additional Mental Fitness activities if time permits. | Reinforce a focus on strengths and positive relationships |

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| | Activity B-5 <i>Exploring Team Strengths</i> Activity B-1 <i>Generosity</i> Activity B-2 <i>Essential Relationship Qualities</i> | | |