



# 4D Fit<sup>SM</sup> Work(out)sheet: Fun-D-Mentals

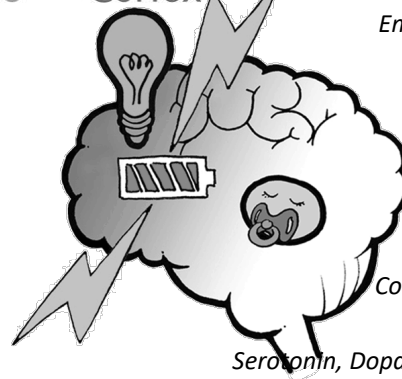
INFLUENCE



FUNCTION

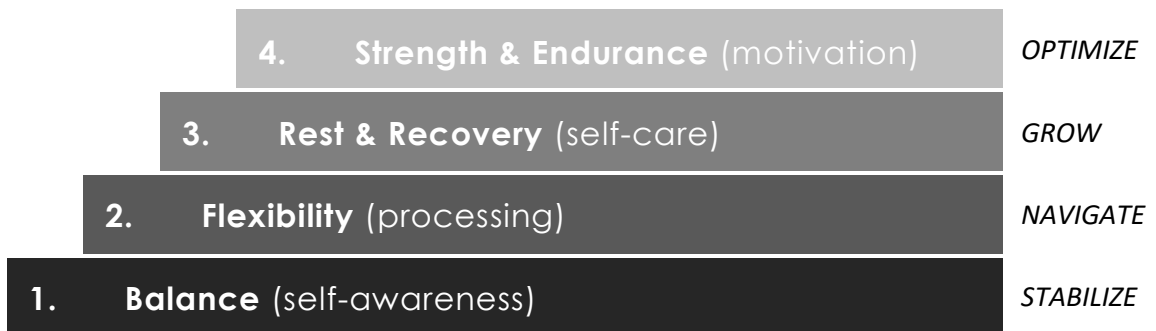
Long-term Memory  
 Unconscious/Reactive Response  
 Stress/Fear Response  
 Imbalance  
 Bias & Prejudice  
 Fight/Flight/Freeze  
 Excited or Nervous  
 Grief, Guilt & Shame  
 Anger & Aggression  
 Despair & Distrust  
 Anxiety & Depression  
 Cortisol & Adrenaline  
 Altered Metabolism

Amygdala **VS.** Prefrontal Cortex



Short-Term (Working) Memory  
 Conscious/Proactive Response  
 Emotional Regulation  
 Balance  
 Impulse Control  
 Critical Thinking  
 Comprehension  
 Problem Solving  
 Creativity  
 Compassion/Empathy  
 Forgiveness  
 Serotonin, Dopamine & Endorphins  
 Moderated Metabolism

LEVELS



# Mental Fitness Exercises

## **BALANCE**

- Feel your feelings** (practice being mindful of how you feel and why)
- Practice meditation or controlled breathing** (relax and oxygenate your brain)
- Talk or journal** (“unload” thoughts and feelings in a healthful and helpful way)
- Move your body** (to balance your body chemistry and release endorphins)

## **FLEXIBILITY**

- Get creative** (bring your ideas to life and don't worry about perfection)
- Practice gratitude** (focus on what's good to reduce stress and find support)
- Try something new** (stimulate your brain with a new food, activity, subject, etc.)
- Play a game** (for the fun and challenge of it—because even losing is learning!)

## **REST & RECOVERY**

- Take a break** (step away from a stressful situation to calm and refocus)
- Turn off or hide your phone** (limit distractions and stressful media consumption)
- Eat well and hydrate** (your brain and body need essential nutrients to operate)
- Get enough quality sleep** (7-9 hours to allow detoxifying deep sleep cycles)

## **STRENGTH & ENDURANCE**

- Find your motivation** (identify what and/or who inspires you!)
- Practice visualization** (warm-up your brain and body to work together)
- Listen to music** (make a playlist to relax or motivate your brain and body)
- Reward your success** (reinforce the behavior so you'll want to do it again!)

*\* Practice recognizing and reducing fear, worry, shame, guilt, and blame that trigger your amygdala.*