## IT'S TIME TO GET FITEMOTIONALLY AND MENTALLY





"These heart exercises will make you feel better so you can do better. They will also help your body heal and grow!" Coach Ruby 🗳

MOOD STABILIZER TO KEEP YOU MOTIVATED

- Take a nap
- · Get some sunshine
- Go on a walk
- Talk with a friend
- Be in nature
- · Meditate on things that make you happy
- Drink water
- Engage your senses. Smell, see, or touch something nice

**OXITOCIN**KEEPS US FEELING THE LOVE, FOR OURSELVES AND OTHERS

- · Practice good hygiene
- · Look at yourself in the mirror and notice the positive
- · Give or get a 20 second hug
- · Hold hands
- Face to face conversation with eye contact

**DOPAMINE**THE REWARD HORMONE- A LITTLE GOES A LONG WAY

Replenish the dopamine in your body by:

Eating the right kind of food like chicken, almonds, apples, avocados, bananas or green leafy vegetables,

Get the dopamine rush by

- Eating something you love Finishing a task or project
  Listening to music Eating Chocolate Laughing

ENDORPHINES NATURAL PAIN KILLERS

- Spend time with animals
- Look at cute pictures of babies or baby animals
- Daydream
- · Create something
- Take a bath

**NERVOUS SYSTEM REGULATION**SO YOUR NERVES AREN'T CALLING THE SHOTS

- · Do the box breathing exercise (5 seconds in, 5 seconds hold, 5 seconds out, 5 seconds hold)
- Do the five senses grounding exercise: Notice five things you can see, four things you can feel, three things you can hear, two things you can smell, one thing you can taste
- · Stand barefoot outside

### for strength

You don't want to live your life just responding to your survival brain do you? Of course not!

Access more parts of your brain with these exercises.

- Memorize poems, favorite quotes, songs and sayings.
- · Do brain games like crosswords, sudoku, riddles or complete a puzzle.
- · Listen to learn something. Ask questions.
- Take time before responding. Consider options.
- · Tell the truth to yourself and others
- Determine to find an an answer, don't quit till you do.

### **USE YOUR BRAIN POWER FOR GOOD**

You have brainpower, and you're getting more all the time! Now use it to do good for yourself and

- Change ALL "I couldn't" statements to "I chose because" statements.
- Take your self-talk in a positive direction, focusing on past achievements and future goals.
- Express gratitude.
- Listen, empathize with, or validate another person's experience or perspective.

"Our brains will tell US what to do based completely on survival because it's first job is to keep us alive, safe and sound. The second job of our brain is to process information it's learning, but YOU have to tell it how! These brain exercises will help you practice telling your brain what to learn and how to process information to achieve your full potential." Coach Ranger





# HT VOUR CEMOTIONAL AND MENTAL CO FITTESS TARGET for inner peace and safety

The laws of nature Other people's feelings Other people's actions

How others perceive you

Whether or not someone likes you

The results of your actions or choices

Other people's decisions

World events

Opinions of others

The weather

Your past

The truth or facts

The desires of others

FOEUS you what what What you think about How you spend your time Who you spend time with

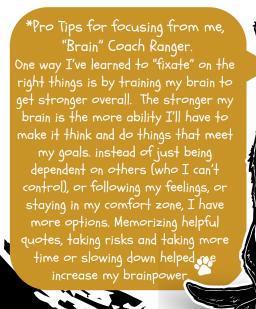
Your reactions Your attitude Skills you're using What you're learining

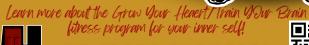
Your own choices What you believe **Your core values** What you'll do now



- 1. Meditate on your personal value, your purpose and your strengths.
- 2. Do grounding exercises to keep you in control of yourself.
- 3. Practice faith and trust that the things you know to be true will carry you through.

You can find these and more exercises in the GYHTYB Workout Manual.











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