



SKYBOUND

WEALTH MANAGEMENT

Mental Wellness and Goal Setting

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June 21, 2021

What is Mental Health?

Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life.

Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

Understanding Anxiety & the Brain?

We all have it

It is in our wiring

It is not good or bad

Difference between the fear and anxiety

Unmanaged anxiety can tax the mind and body

Confronting Problems

Willingness & Acceptance

- A lot of our energy goes into not wanting to feel something
- 90 second rule

Observe your thoughts

- Create distance between your thoughts
- You are not your thoughts

Focus on what you can control

Your optimistic attitude
Your routine
Your reactions
How you manage your finances

Know your triggers

- Guard your energy
- Set clear boundaries
- Observe, don't absorb

Meditation

- Self soothing (Calm your mind, positive affirmations. This too shall pass)
- Name it..To tame it (Label your emotions)
- Spend time in nature, eat healthy
- 4-7-8 breathing technique
- Count your blessings

Five ways to avoid negative thoughts:

Be conscious of your thoughts

Having power over what you think

Get Rest

Lack of sleep greatly affects your mood, causes you to feel stressed and anxious

Avoid Triggers

Minimize contact with negative people

Keep Busy

Keep your mind and body busy so you don't get easily distracted by negative thoughts

Listen to music

Listening to your favorite music for 25 minutes a day helps create a positive effect on your health and day

Pygmalion Effect:

It refers to a phenomenon in which greater the expectation placed upon people, the better they perform. It is a form of self-fulfilling prophecy; it is a prediction that causes itself to become true. In this respect, people with poor expectations internalize their negative label and those with positive labels succeed accordingly.

For example, you assume that you are going to perform badly in a month, so you decrease the effort and end up doing poorly. If you think your relationship with your significant other is going to fail, you start acting differently, pulling away emotionally , which may cause it to fail.

Five ways to wellbeing:

Connect

Strong relationships with others are an essential part of building resilience and boosting wellbeing

Give

Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing

Be Active

Being physically active every day is great for our bodies and minds

Keep Learning

Being curious and seeking out new experiences positively stimulates the brain

Take Notice

Paying more attention to the present moment, to thoughts and feelings and to the world around, can boost our wellbeing.

Personal Wellbeing Plan

Write down:

What you are already doing

Any new ideas you would like to try

One thing you want to commit to doing

What is Goal Setting?

Goal setting can look very different depending on an individual's lifestyle, values and definition of success. Goal setting involves the development of an action plan designed in order to motivate and guide a person or group toward a goal

Why is it important?

It helps you decide and focus on what's really important to you. Effective goal setting also lets you measure progress, overcome procrastination and visualize your dreams. If you don't know what you want to accomplish, you can't create a plan to get there. Setting goals is the vehicle that will drive you to your desired destination

How Do We Set Goals?

1. Brain Storming

Prepare a list of goals/objectives for a period

2. Refine your goals

Setting deadlines

3. Review your list

Choose your top goals that excite you, write a paragraph on why you would like to achieve these

4. Evaluate your goals

*Are your goals specific? Measurable?
Achievable? Realistic?*

Reminders:

Life does not happen to you; it happens for you and through you

Be Careful not to dehumanize those you disagree with. In our self-righteousness, we can become the very things we criticize in others and not even know it

Take care of your thoughts when you are alone and take care of your words when you are with people

Don't let what you can't control, control you

One day at a time is the secret to building momentum

Stop surviving, start living!!!!!!

THANK YOU

Questions