

THRIVING TIMES; Your Health and Wellness Dispatch

May and Mental fitness

You train your body..... What about your mind?

May is often seen as the month that brings us hope—brighter mornings, longer days, and fresh opportunities to take care of ourselves.

And this year, two powerful themes are walking side-by-side: **Mental Health Awareness Week (13–19 May)** and **National Walking Month**. But I want to flip the script a little...

We all understand the importance of physical fitness, right? We celebrate steps taken, miles walked, muscles toned.

But what about **mental fitness**?

Because here's the truth: You can't fully build one without the other.

Mental Fitness Is Your Inner Gym

Mental fitness isn't about "fixing" a problem. It's about strengthening your capacity to respond—building resilience, energy, and control in the face of everyday pressures.

It's about creating the *mental equivalent* of a strong core or healthy heart.

When you're mentally fit, your body follows suit:

- You sleep better
- You digest food more effectively
- Your immune system gets a boost
- You feel more in control of your emotions and decisions



Walking: The Gateway to Mental Strength

Let's explore walking a little further because it is more than just exercise. It's *active recovery* for your brain.

Just 20 minutes a day can:

- ☞ Reduce your stress hormones
- ☞ Boost creativity and problem-solving
- ☞ Improve your mood
- ☞ Create a rhythm that helps you process emotions and clear mental 'clutter'.

It's free, it's available to almost everyone, and it doesn't require special kit or training.

Start where you are. Even 2 minutes around the block can shift your state.

What Does Mental Fitness Look Like in Real Life?

Mental fitness isn't just meditating or journaling — although those can help.

It's recognising your patterns and building in supportive habits that work *FOR* you, not against you.

Here's what mentally fit people do differently:

- They pause before reacting
- They build recovery time into their week
- They move their bodies regularly — even if it's just walking meetings or gentle stretching
- They monitor the results and see their stress responses as *data*, not *defects*

Break the Stress Cycle With Movement

Chronic stress disconnects us from our bodies. It puts us into survival mode: overthinking, overdoing, under-resting.

Walking is a powerful way to **reconnect and reset**.

Why? Because walking literally helps your brain integrate thoughts and emotions. You come back clearer, calmer, more resourceful.

So this May, and beyond I invite you to walk into your mental fitness routine — step by step. And remember: this isn't another thing on your to-do list. It's your *permission slip* to feel more like yourself again.



Try This: Your 5-Minute Daily “WELLth Walk”

Take 5 minutes today and try this:

1. **Walk slowly**—without headphones or distractions
2. Breathe deeply through your nose
3. Tune in: notice how your body feels, your pace, your surroundings
4. Ask yourself: *“What’s one thing I could let go of today?”*
5. End with a smile—even a small one

It’s simple. But repeated daily, it helps train your mind to come off autopilot and back into calm awareness.

Let’s build your fitness—inside and out. You don’t have to do it alone.

To your WELLth

A handwritten signature in black ink that reads "Samantha". The signature is written in a cursive, flowing style.

#MentalFitness
#StressManagement
#WalkingMonth
#UniqueWELLth