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**LEAD, TAKE CONTROL AND WIN**

**WHAT IS MENTAL  
HEALTH?**

# WHAT MENTAL HEALTH **ISN'T**

Something unspeakable

A sign of weakness

A disease

A condition

One sided

All in your head

A mindset

A quick fix

Only worked on in adversity

One side fits all approach

Being viewed as a screw up

# WHAT MENTAL HEALTH IS

Mental toughness

Mindfulness

A wellness practice

Effects how we show up for our self and others

Ways to cope with stressors

Healthy habits

Something worth our time

Constantly changing

Internal balance

Both positive & negative

May require a coach, therapist & personal development

Can be identified in our challenges, passion, habits & careers

THE AWARENESS OF OUR MENTAL HEALTH AND COPING  
SKILLS HELPS US BE MORE RESILIENT TO EXPERIENCE  
POST-TRAUMATIC GROWTH AND WELL-BEING

# THINGS THAT AFFECT MENTAL HEALTH

Being burnt out

Divorce

Morning and night routine

Stress at work

Life altering events (break up, injuries, death)

Feeling stuck (job, with goals)

Doing a lot

Social media

Emails

TV / News

Parent / Child relationship

Fears / Anxieties

# 1. OWNERSHIP



OWNERSHIP

## **STOP FEELING SORRY FOR YOURSELF**

Research shows that letting go is liberating and can improve your well-being and confidence, as well as open you up to new interests

## OWNERSHIP

### **ACCEPT WHAT CANNOT BE CHANGED**

Acceptance leads to true ownership and removes the excuses. You cannot be good at success while also being good at excuses

STEP 1

## **GET RID OF BLANK STATEMENTS**

Getting rid of the stigma, traditional, and religious beliefs, and imposture narratives that no longer serve you starts with you recognizing your blank statements

STEP 1

## **blank statements**

I am afraid to fail

I am not good enough

Nobody likes me

I can't do anything right

## STEP 2

### **CREATE HEALING STATEMENTS**

Healing statements are positive phrases that allow you to reset your way of thinking and get intune with your gut

## STEP 2

### **healing statements**

"My past does not define me, I've overcome many things and I can overcome this"

"I can learn from this mistake and take a different action"

"The relationship I was in was toxic and did not allow me to be well"

## **2. MAKE A DECISION**

## **MAKE A DECISION**

- Top 3 options
- Set a decision making date
- Take your first small step



## **3. CONSISTENCY**

# CONSISTENCY

- Figure out what is lacking in your life
- Action
- Time of Day
- Duration

## **4. RESPONSE TO STRESS**

# RESPONSE TO STRESS

1. Breath
2. Observe
3. Align your Choice

# MY **FAVORITE** MENTAL HEALTH PRACTICES

Bloom Apps

Thrive Planner

# Q & A

WITH CHARLES

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