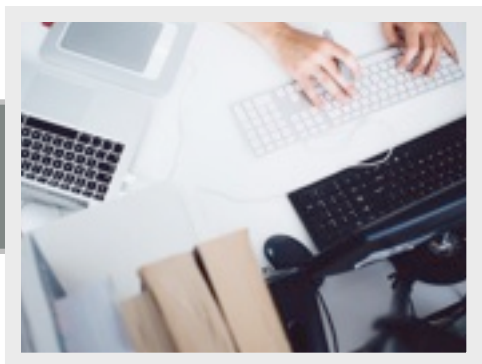


AWARENESS ACTIVITY 3: Meeting Mental Fitness Needs



Discuss with your colleagues how mental fitness needs are met within your workplace setting. Specify practices or actions that are often implemented to meet each of the mental fitness needs.

- **Relatedness** - Refers to our need for connection to/closeness with family, peers and other significant individuals
- **Competency** - Refers to our need for recognizing and using our gifts and strengths in achieving personal goals
- **Autonomy-Support** - Refers to our need to be active participants in making choices that affect our lives

Use the table below (or a flip chart) to record areas of strength related to Mental Fitness practices as well as potential areas for development.

MY WORKPLACE	STRENGTHS	AREAS FOR DEVELOPMENT
RELATEDNESS PRACTICES		
COMPETENCY PRACTICES		
AUTONOMY-SUPPORT PRACTICES		