



How to maintain your Mental health

Paul Bernhardt



Plan and reflect your day

- 1.) **If** the cleaning lady *plans* her tasks well, she *will be* done quickly.
- 2.) **If** Petra *creates* a bucket list, she *will be able to* reach her goals.
- 3.) **If** John *learns* from his mistakes, he *will not make* them again.

01

Work on your Mindset

- 1.) **If** you *enjoy* yourself, you *will feel* better.
- 2.) **If** you *buy* the clothes from the store, you *will be* happy.
- 3.) **If** Gustav *uses* positive words to describe himself, he *will feel* good.

02



STAY STRONG & POWER ON

03

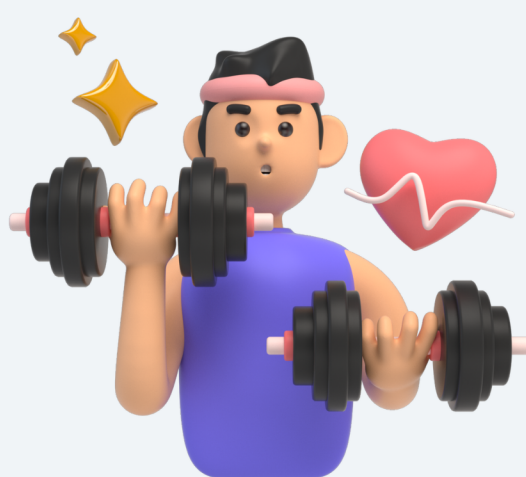
Let it go

- 1.) **If** Lisa *does not bother* herself with bad memories, she *will feel* good.
- 2.) **If** William *thinks* positively, he *will also make* others act positively.
- 3.) **If** I *do not grudge* against him, he *would not* do that.

Get exercise

- 1.) **If** you *exercised*, your body *would produce* specific hormones making you feel happy.
- 2.) **If** Susan *continued* exercising, she *would enjoy* the process.
- 3.) **If** Kendall *spent* 15-30 min every day exercising, he *would already feel* better.

04



Eat well

- 1.) **If** Birgit *ate* healthy and nutritious, her body and her mind *would have* more energy.
- 2.) **If** you *only ate* what your body can digest, you *would feel* better.
- 3.) **If** I *ate* breakfast this morning, I *would have* more energy.

06

Sleep enough

- 1.) **If** I *slept enough*, I *would feel* much better than before.
- 2.) **If** James *paid* attention to his sleeping schedule, he *would be able to* sleep more.
- 3.) **If** you *slept enough*, you *would have* more energy for the day.

