

BUILDING A MENTALLY STRONG ORGANIZATION



OUR BRAIN
IS DESIGNED TO
KEEP US SAFE,
IT IS NOT DESIGNED
TO KEEP US HAPPY

IT IS THE MOST POWERFUL,
SOPHISTICATED YET
ARCHAIC TECHNOLOGY
WE HAVE ACCESS TO.
- Deb Smolensky

MENTAL HEALTH
IS NOT THE
SAME AS
MENTAL WELL-BEING



MENTAL HEALTH
SOLUTIONS FOCUS ON
HEALTH, ACCESS, COST
(clinical in nature)



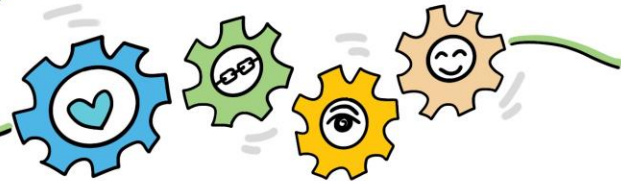
Preventive
in nature

MENTAL WELL-BEING

FOCUSES ON REWIRING
OUR BRAIN THROUGH
SKILL DEVELOPMENT and
BUILDING NEW HABITS FOR
MENTAL STRENGTH

mental health + mental well-being
= **MENTAL THRIVING**

ALLOWS US TO REGULATE OUR SYSTEMS
FOR JOY, ENERGY, FOCUS, CALM, CLARITY,
RESILIENCE and CONNECTEDNESS



THREE REGULATION ZONES



1 RED ZONE
(FIGHT or FLIGHT)



2 BLACK ZONE
(FREEZE,
DISSOCIATE)



3 GREEN ZONE
= MENTAL
WELL-BEING



INDIVIDUAL
HAS CLARITY,
FOCUS, CALM,
DISCERNMENT

ZONE of FLOURISHING

A MENTALLY STRONG ORGANIZATION



SETS PRIORITIES, BUILDS
SYSTEMS and DEVELOPS
HABITS TO BUILD
MENTAL STRENGTH

GROWTH WORK



1. Recognize what each zone looks like for you
2. Setup systems as a reminder to breathe
3. Send good wishes to someone you are struggling with. (May you be happy, May you be healthy...)