



Mental — Fitness Challenge — Workbook

Name:



**Black Dog
Institute**

**Bite
Back**

**BITE
BACK**

Introduction

Welcome to the BITE BACK Mental Fitness Challenge workbook.

This workbook has been designed to be completed alongside the online BITE BACK Mental Fitness Challenge. You can access the Challenge at www.biteback.org.au – Once you begin the challenge, be in the running to win some great prizes!

After completing each week of the online challenge, complete the activities for that week in your workbook. This will help you build a better understanding of how you can build your mental fitness.

We hope you're feeling ready to learn ways to improve your mental fitness.

So, let's get started!



WEEK ONE - GRATITUDE

Now that you've completed Week 1 of the Mental Fitness Challenge, let's review/recap what you've learnt. If you're unsure of the answers, you can come back to it later!

Hint: visit the **LEARN** section of the **BITE BACK** website.

What is gratitude?

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What are the benefits of improving your sense of gratitude?

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What are two to three things that you can do to build gratitude?

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How did completing the THANK TANK activity make you feel? Circle how you felt.

Happy Lucky Grateful Special Not sure

Other:.....

If you've still got some time up your sleeve right now, why not jump onto the [BITE BACK website](#) and see if you can add a few more things to **THANK TANK** that you're feeling grateful for!





WEEK TWO - MINDFULNESS

Now that you have completed Week 2 of the Mental Fitness Challenge, let's review/recap what you've learnt. If you're unsure of the answers, you can come back to it later!

Hint: visit the **LEARN** section of the **BITE BACK** website.

What is mindfulness?

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What are the benefits of practising mindfulness?

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What are two things you can do to build mindfulness?

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How did listening to the POWER UP meditation tracks make you feel? Circle how you felt.

Relaxed Calm Happy Refreshed Not sure

Other:.....

If you've still got some time up your sleeve right now, check out [SNAP THAT](#) on the BITE BACK website. SNAP THAT is about using photography to practice mindfulness.

You can even check out other people's mindful photographs!

If that's not your thing, why not listen to a new [POWER UP](#) mindfulness meditation track you've never listened to before!

Find POWER UP in the Explore section of BITE BACK.

You could even jump into the [BITE BACK THANK TANK](#) and add a few things that you're feeling grateful for today!





WEEK THREE - CONNECTIONS

Now that you have completed Week 3 of the Mental Fitness Challenge, let's review/recap what you've learnt. If you're unsure of the answers, you can come back to it later!

Hint: visit the **LEARN** section of the **BITE BACK** website.

What are connections?

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What are the benefits of having connections?

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What are two to three things that you can do to build your relationships with three people in your life?

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How did writing down the three important people in your life make you feel?

Circle how you felt.

Happy Lucky Grateful Special Not sure

Other:.....

If you've still got some time up your sleeve right now, why not jump onto the BITE BACK website and listen to a few **POWER UP** mindfulness meditation tracks you've never listened to before!

You could also jump in the **THANK TANK** and add a few things that you're feeling grateful for today!



WEEK 4 - CHARACTER STRENGTHS

Now that you have completed Week 4 of the Mental Fitness Challenge, let's review/recap what you've learnt. If you're unsure of the answers, you can come back to it later!

Hint: visit the **LEARN** section of the **BITE BACK** website.

What are character strengths?

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What are the benefits of identifying your character strengths?

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What are your six character strengths that you identified? Write them down.

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Go to www.viacharacter.org/survey/account/register#youth and complete the Values in Action Character Strengths survey. This survey has been found to be really accurate for identifying people's character strengths. Do the survey and see if it suggests the same strengths you believe you have. Write them down.

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How did writing down the three important people in your life make you feel?

Circle how you felt.

Positive Hopeful Bored Happy Not sure

Other:.....

If you've still got some time up your sleeve right now, why not jump onto the BITE BACK website and read a few [REAL STORIES](#) about how people have overcome tough stuff in their life!

You could also listen to a few [POWER UP](#) mindfulness meditation tracks you've never listened to before or even jump in the [THANK TANK](#) and add a few things that you're feeling grateful for today!





WEEK 5 - MEANING AND PURPOSE

Now that you have completed Week 5 of the Mental Fitness Challenge, let's review/recap what you've learnt. If you're unsure of the answers, you can come back to it later!

Hint: visit the **LEARN** section of the **BITE BACK** website.

What is meaning and purpose?

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How can having meaning and purpose in your life improve mental fitness?

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What are two to three things that you can do to build meaning and purpose in your life?

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How did learning about meaning and purpose make you feel? Circle how you felt.

Relaxed Positive Happy Not sure

Other:.....

If you've still got some time up your sleeve right now, why not jump onto the BITE BACK website and you could:

Check out any new **REAL STORIES**.

Listen to your favourite **POWER UP** track.

Jump in the **THANK TANK** and add a few things that you're feeling grateful for or take a look at what other people are feeling grateful for.





WEEK 6 - MENTAL FITNESS PLAN

Now that you have completed Week 6 of the Mental Fitness Challenge, let's review/recap what you've learnt. If you're unsure of the answers, you can come back to it later!

Hint: visit the LEARN section of the BITE BACK website.

What are the five areas of positive psychology covered by the BITE BACK Mental Fitness Challenge? Hint: visit your Mental Fitness Challenge dashboard!

Week One

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Week Two

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Week Three

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Week Four

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Week Five

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Write down two strategies or things that you learnt about yourself from the Challenge that you would most likely draw on to keep building your mental fitness? Here are some ideas:

- Write down at least two things I'm grateful for each week using THANK TANK on the BITE BACK website or in a journal.
- Practise mindfulness two times a week for one month using POWER UP on the BITE BACK website.
- Keep reflecting on my character strengths and look for ways in life that I can use them.
- Say something positive to someone close to me at least once a week.
- Give my levels of meaning and purpose a boost by getting involved in or focusing on something I'm passionate about.

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Remember – you can find more ideas for building your mental fitness in the **Learn section** on the BITE BACK website!



Well done! _____
_____ **You made it!**

You've completed the entire BITE BACK Mental Fitness Challenge!

We hope you enjoyed the Challenge and learnt a few things that you can use to keep building your wellbeing and resilience. **Don't forget to print out your mental fitness poster to help you remember how to keep up your mental fitness.**

Photo by Helena Lopes



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