

HeadFIT

Doing Things You Enjoy

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This sounds a bit obvious, but doing the things that you enjoy makes you happy, and being happy creates a sort of positive cycle. Having a positive frame of mind directly affects your mental fitness. Being mentally fit allows you to bring your A-game. It's actually in everyone's best interest for you to be happy. But sometimes the complexities of life and work get in the way. You get stuck in a daily or weekly routine. That means time is short. There's so much stuff to get through and maybe you're exhausted. It's easy to just do away with the things that you enjoy. To think of them as a luxury you haven't got time for, but you need to make time and space to bring those things back into your life.

So have a think about what makes you happy and what's achievable. It doesn't have to be huge. Do you like listening to music, reading, hang out with friends, playing sports, or going to the gym? What are the things that you enjoy and how can you make sure that they happen a little bit more often? Even just 15 minutes a day, for you to do something that you really want to do, that's enough to set off a positive chain reaction. You've changed your mindset and you're ready to perform at your best.