

coa

SEVEN DAY PRACTICE

Emotional Fitness Workbook

Hello you,

how are you doing?

At Coa we believe that proactive, emotional fitness training for mental health should be as common and accessible as hitting the gym, going for a run, or doing a pushup.

Emotional fitness helps with imposter syndrome, stress, and burnout, and helps people build stronger, deeper, and healthier relationships.

By getting a clear picture of why we are experiencing challenges like conflict, poor confidence, or unmanageable stress, we can begin to make changes that will stick.

My research identified seven traits of emotional fitness that help you become the best version of yourself and Coa has developed therapist-led training in each of these traits.

In this workbook, you'll find an overview of the seven traits and one emotional pushup for each -- giving you a taste of what it feels like to flex those emotional fitness muscles.

Let us know how they go and I hope to see you in class soon!

Dr. Emily Anhalt

Co-Founder and CCO

The Seven Traits

OF EMOTIONAL FITNESS

1

SELF-AWARENESS

The skill of understanding your triggers, biases, and how others perceive you.

2

EMPATHY

The ability to understand and attend to the emotional needs of others

3

MINDFULNESS

The practice of increasing your ability to tolerate discomfort, so you can make the best possible choices.

4

CURIOSITY

The ability to pursue growth over defensiveness: essential for receiving and delivering feedback.

5

PLAY

The practice of facilitating creativity and spontaneity, and fostering team cohesion.

6

RESILIENCE

The ability to bounce forward from setbacks.

7

COMMUNICATION

The ability to put words to needs & expectations while balancing flexibility with boundaries.



Let's train our
emotional fitness
just as we train our
physical fitness.

~ Dr. Emily Anhalt

7 Emotional Push-ups

FOR MENTAL WELLNESS

SELF-AWARENESS

Open your phone and look at the past 3 people you have texted. Choose 1 person to send them the following Q: "What's a strength I have that maybe I don't know about?"

Notes / Insights

Complete

EMPATHY

Give a detailed piece of positive feedback to someone you work closely with, sharing: 1) what they did well 2) how it made you feel, and 3) what effect it had on the team/company.

Notes / Insights

Complete

MINDFULNESS

Spend 10 minutes writing down all of the things you're feeling uncertain and anxious about at work. Once 10 minutes is up, shred the sh*t out of that paper.

Notes / Insights

Complete

CURIOSITY

Review a recent conversation or negotiation you have had (e.g. by email) and think of 3 questions you could ask next time to dive deeper.

Notes / Insights

Complete

PLAY

Text a loved one the following question, "If you could have a lifetime supply of any item, what would it be?"

Notes / Insights

Complete

RESILIENCE

Celebrate a small win with a friend. Snap a photo and send it to them, captioning how and why you're celebrating, and inviting them to celebrate too.

Notes / Insights

Complete

COMMUNICATION

Create a "reemoji" with someone on your team - an emoji that describes an emotion that's hard to put into words. E.g. "feeling sensitive", "I'm heads down", or "I'm overwhelmed."

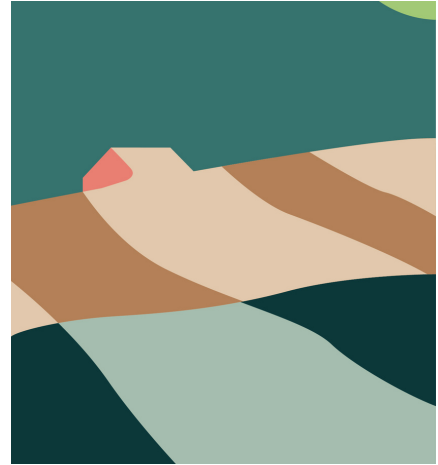
Notes / Insights

Complete

7 days of emotional fitness for mental wellness

The best version of you

Choose from three separate 8-week series', all led by licensed therapists and grounded in a supportive community.



EMOTIONAL FITNESS FOR MENTAL WELLNESS

- Get to know yourself better
- Grow your confidence
- Build better relationships
- Build a community of likeminded people

[LEARN MORE](#)

EMOTIONALLY FIT LEADERSHIP

- Build your confidence and resilience
- Overcome stress and burnout
- Build better relationships with your team

[LEARN MORE](#)

EMOTIONALLY FIT FEMALE LEADERSHIP

- Find your voice as a leader
- Build your confidence and overcome imposter syndrome
- Balance assertiveness and vulnerability

[LEARN MORE](#)