

# Your Mental Diet

Take a bold breath and examine what you're consuming in life — physically, mentally, and emotionally. Understanding your mental diet is the first step toward nurturing a healthier mindset.

## Mental Diet Audit: Media Consumption

Top 5 Artists/Podcasts/Radio Stations I Listen To Regularly:


Reflect: How do I feel while listening? *e.g., calm, energised, anxious*



5 Recent Shows/Movies I've Watched or Books I've Read:


Reflect: How do I feel after watching? *e.g., drained, inspired*



How I Consume News and How Often:


Reflect: How does consumption affect my mood? *e.g., anxious, neutral, positive* ▲

## Mental Diet Audit: Social & Environmental Input

Top 5 People I Spend Time With:


Reflect: How do these people influence my energy and mindset? *e.g., supportive, neutral, draining* ▲



## How Cluttered or Chaotic is my Environment:


Reflect: How does my environment affect my mindset? *e.g., negative, neutral, positive*



## What Background Noise is Typically Present (tv, radio, traffic):


Reflect: How do these sounds affect me when I'm conscious of them?  
*e.g., supportive, neutral, draining.*



How is the Lighting in My Living, Working and Recreational Spaces:


Reflect: How does this affect my mood? *e.g., negative, neutral, positive* ▲

What I Notice About The Air Quality of My Top 5 Environment?


Reflect: Does it feel safe to breathe deeply? *e.g., negative, neutral, positive* ▲



## Mental Diet Audit: Internal Dialogue and Habits

Common Phrases I Say to Myself:


Reflect: Would I say these things to a close friend? *Would it upset them?* ▲

### Night-time Routine and Sleep:

Do I scroll on my phone before bed? ☐ Yes ☐ No

Do I watch TV directly before bed? ☐ Yes ☐ No

Do I feel calm or stimulated before bed? ☐ Calm ☐ Stimulated

Do I have difficulty falling asleep or returning to sleep? ☐ Yes ☐ No

How well do I sleep overall?




# We Are What We See, Hear, And Surround Ourselves With.

When we become aware of what we're taking in through our eyes and ears, we can start making more conscious, informed choices. Take a moment to reflect on your observations below.

## Mental Diet Audit: Reflections

Top 5 Insights from Reviewing My Mental Diet:


## Mental Diet Audit: Actions

5 Actionable Steps I Can Make:


Well done on investing some time in yourself & completing this exercise.

