



# Qualities of a Healthy Mind

A healthy mind is attuned to the body

If you would like to cultivate a healthy mind, it helps to have a “growth mindset”. This mindset is open and curious and willing to accept feedback. It asks “how” and “what” questions because these focus on process and inquiry. This is opposite of “why” questions which elicit facts rather than process.

A “growth mindset” fosters an internal sense of accomplishment and builds resiliency. These stem from utilizing feedback to make corrections to make improvements.

A “growth mindset” is an experiential mindset. It is engaged with life and not stuck trying to solve things in the past or other things outside of one’s influence.

Here are some other qualities that contribute to having a healthy mind and secure attachments in relationships:

Openness

Curiosity

Willing to take calculated risks to explore and discover

Able to be present in the here and now (instead of “checked out”)

Able to admit to not knowing and be open to feedback

Able to be kind to one’s self and others



Able to forgive wrongs (i.e. not be burdened by them while still holding self or others accountable)

Able to accept reality and deal with “what is” even when reality is unpleasant or undesirable

Able to learn from “failures” and keep going

Able to find room for creativity and collaborating with others

Able to engage with surprises and make flexible changes as needed

Able to be an effective problem-solver by responding instead of reacting

Has capacity to be:

Vulnerable

Accountable

Self-disciplined

Persevere when things are hard

Trustworthy – words and actions match

Worthy of respect – acts according to core values; has integrity; congruent

Authentic – does not lose sense of self or be overpowered by others

Empowered – has a voice that advocates for one’s legitimate needs, wants and feelings; able to set and defend healthy boundaries



Courageous to do the right things especially when it is easier to look the other way

### Relationship “red flags” and signs of a distressed mind

Here are some signs that indicate a person is experiencing distress; especially, if these signs happen frequently. If you see, these signs in another person, look to see if there is a trend to these possible relationship “red flags”. A person may have one or many of these signs. It is important to consider the frequency, duration and intensity to determine the size of the “red flag”.

Consider these signs:

Needs to be right

Needs to control

Has compulsive behaviors

Isolates from others

Needs to “one up” another person

Does not share feelings

Cannot identify feelings

Easily overwhelmed

Emotionally reactive instead of responding to a situation



Triggered – sees things in present through “lens” of past event(s)

Uses blame excessively

Frequently feels resentful and/or negative

Irritability

Tendency towards aggressive outbursts

Excessive anger

Nightmares and flashbacks

Apathy towards life, friends, work, family

Difficulty concentrating

Mentally and physically tired

Needs to stay preoccupied (e.g. urge to distract with a high use of media)

Unwilling or reluctant to change

Lack of flexibility

Does not complete tasks

General feeling of helplessness and ineffectiveness

Lack of positive future vision, inability to act on steps toward a goal

Lack of physical drive and energy

Denies problems

Legal problems, indebtedness



Somatic complaints that cannot be explained; these may include digestive issues, headaches, muscle fatigue etc.)

Restlessness

Does not respect other people's boundaries

Does not act in a consistent manner that is congruent with stated core values; not trustworthy; not respectable

Does not reciprocate in conversations; focuses primarily or solely on self

Does not actively listen to others

Has a "fixed mindset" instead of a "growth mindset" (i.e. places excessive importance on "being" something instead of being interested in growing and changing. Is very sensitive to criticism and makes excessive comparisons of self to others; tries to "one up" others).

Feels like a "phony" or "imposter"; unable to be authentic

Tries to manage distress by "fixing" or "pleasing" others instead of addressing actual problem

Procrastinates

Avoids emotions; emotionally numb; lacks empathy

Not able to be vulnerable

Not self-aware

Has addictions; these may include watching porn, using substances, gambling, eating, shopping



Uses passive aggressive behaviors

As you can see, there are very many behaviors that when enacted frequently and/or intensely indicate mental distress.

If you are someone you know is having trouble functioning at work, in relationships or personally then it is highly likely that this person will benefit from taking an experiential approach to wellness.

Mind Boost programs are experiential. Mind Boost programs utilize methods that are research-based and found to be effective.

For more information, contact: [Lori@ADPtherapy.com](mailto:Lori@ADPtherapy.com)