



Jimi Hunt: The Mental Fitness Continuum - The most important thing you will ever do...



Jimi is the cofounder of the charity Live More Awesome and is most well known for his work in reducing the stigma around mental health in a distinctly colorful way. Explore a mix of hard science, spiritual learnings and humor that will change the way you think about your mental health.

TOP EMBODIMENT TIP: Learn to meditate; it generates the self awareness you need to create change.

Where Mental Health is at in Our Society:

- The grim statistics for lifestyle-based mood disorders show we are in trouble as a society, and as individuals.
- It's not your fault, and you are not broken.
- "Post-Traumatic Growth" can give you enough physical discomfort to change.

Mental Fitness Continuum: Definition and Toolbox.

- Mental fitness differs from mental health. Mental health is synonymous with illness/disease and has an on/off switch.
- Hunt suggests you use the mental fitness toolbox: connections, community, physical fitness, goals, Ikigai, and mindfulness activities.
- When you ask for help openly and honestly, you will get it.

Prerequisites for Change: Self-Awareness, Brutal Honesty and Radical Ownership.

- Self-Awareness: You can only change what you are aware of. There is often a cognitive dissonance between what we think we are versus what we actually are.
- Brutal Honesty: Find a loving critic who will tell you the truth, and be honest with yourself.
- Radical Ownership: Your behavior and healing are 100% your responsibility.

3 Cs Framework for Creating Change: Constant, Conscious, Choices.

- Understand your intrinsic drivers and be consistent when choosing fear or love.
- You are the most important thing in your life. Put yourself first for the benefit of others.

Resources

- ❖ **Website:** jimihunt.com
- ❖ **Instagram:** [@thejimihunt](https://www.instagram.com/thejimihunt)
- ❖ **References:** "Cost Connections" by Johann Hari, "Insight" by Tasha Eurich, "Atomic Habits" by James Clear.



Jimi Hunt





All Coaching & Therapy Presentations are Proudly Sponsored by

Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](https://uzazu.org) for details!

UZAZU
Embodied Intelligence