

**Mental Wellbeing:** How do your mental processes shape your daily experiences? Reflect on your mental functions and your mental health. Consider these many factors that contribute to mental wellbeing.

1. Attention: The ability to focus on specific stimuli or tasks while ignoring distractions.
2. Perception: The process of organizing and interpreting sensory information to understand the environment.
3. Memory: The ability to encode, store, and retrieve information over time.
4. Learning: The acquisition of new knowledge, skills, or behaviors through experience, study, or instruction.
5. Cognition: The higher-level mental processes involved in thinking, understanding, and problem-solving.
6. Language: The ability to communicate thoughts, ideas, and emotions through spoken, written, or signed symbols.
7. Reasoning: The process of drawing logical conclusions from available information or premises.
8. Decision-making: The process of selecting a course of action from among multiple alternatives.
9. Problem-solving: The process of finding solutions to difficult or complex issues.
10. Creativity: The ability to generate novel ideas, concepts, or solutions that are original and useful.
11. Critical thinking: The ability to objectively analyse and evaluate information, arguments, or beliefs.
12. Executive function: The set of cognitive processes responsible for goal-directed behaviour, including planning, organization, and self-regulation.
13. Emotional regulation: The ability to manage and control one's emotions in various situations. To feel appropriate emotional responses to external stimuli. To be able to connect to the physical presence of emotions.
14. Self-awareness: The capacity to recognize and understand one's own thoughts, feelings, and behaviours. This might include personality traits such as introversion/extroversion.
15. Theory of mind: The ability to attribute mental states, such as beliefs, intentions, and desires, to oneself and others, and to understand that others have different perspectives.
16. Metacognition: The awareness and understanding of one's own thought processes, including knowledge about how to learn effectively.
17. Social cognition: The ability to understand and navigate social interactions, including empathy, perspective-taking, and social norms.

18. Mindfulness: The practice of maintaining awareness of one's thoughts, feelings, bodily sensations, and surrounding environment in the present moment.
19. Imagination: The ability to mentally simulate or create experiences, scenarios, or worlds that are not present in reality.
20. Intuition: The ability to understand or know something instinctively, without the need for conscious reasoning.
21. Neurodiversity: Awareness and acceptance/incorporation of any neurodiversity.
22. Mental health: Not experiencing symptoms of mental disorders such as depression, anxiety, bipolar disorder, schizophrenia, or substance use disorders. This includes avoiding harmful behaviours such as addiction, self-harm, or suicidal ideation.
23. Trauma and resilience: Identifying the impacts of trauma and recovering from it. Learning resilience.
24. Inner Voice: The influences that shape how you speak to yourself, how you believe in yourself. The real-life basis for these inner voices.