

MindMove

-MOVEMENT TO SUPPORT MENTAL HEALTH



WHAT COULD I TRY OUT TODAY?

WHAT KIND OF MOVEMENT DOES MY BODY NEED TODAY?

CALM
CONTENT

MY EMOTIONAL

HAPPY
ENERGETIC
JOYFUL

AMAZED
BRAVE

STATE TODAY?

ANGRY
INSECURE
DEPRESSED
RESTLESS
ANXIOUS
LOW
SAD

HOW DO I FEEL IN NATURE?

WHAT MATTERS TO ME (RIGHT) NOW?

ACCEPTANCE & KINDNESS

MY STRENGTHS AND RESOURCES

Likes
by jamk

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How do I use the MindMove model?



It's helpful to begin exploring the key points and questions of the MindMove model by first checking in with the client and identifying their current strengths and resources. The questions below can be discussed with the client in any order. The aim is to support mental health, motivation, and behavior change through nature-based physical activity.

My emotional state today

How are you?

How am I doing today?

Help the client identify the emotions they are experiencing in the present moment, and support them in accepting those feelings as part of the here and now. Avoiding or trying to control emotions often only increases their presence and intensity.

What emotions or feelings do you recognize in yourself right now?

Ask the client to observe an emotion and notice whether it is felt in a specific part of the body. For example, a gentle touch of the hand can help soothe the intensity of the feeling.

Personal resources, values, and strengths

What kinds of things, resources, and strengths are helping you cope at the moment?

Help the client notice the things that bring them joy and provide a sense of strength. The mind often gets stuck on unpleasant experiences or emotions. You can also ask what kinds of things the client has enjoyed in the past. Actions that support personal resources strengthen positive emotions and help the client cope even in challenging situations.

What is important to me (right now)?

Affirm the values and priorities that are meaningful to the client personally. Invite the client to reflect on what is important to them at this moment. Support choices and actions that align with the client's values in their daily life.

Nature and physical activity

How do I experience myself in nature?

Ask the client to reflect on what being in nature and moving outdoors feels like. The natural environment and connection to nature can help calm both the mind and the body.

What kind of movement does my body need?

Encourage the client to listen to their body's needs and to choose forms of movement that feel right for them. In addition to movement and physical activity, the body also needs calming actions.

What can I try today?

Ask the client what small action they could take today to support their own well-being. Gently remind them that difficult thoughts and feelings are just that: thoughts and feelings. Small actions can be taken even in the presence of obstacles — or despite them.