



**Mental Fitness**

with Scott Mikesh



# POWER UP

# Fun-D-mentals



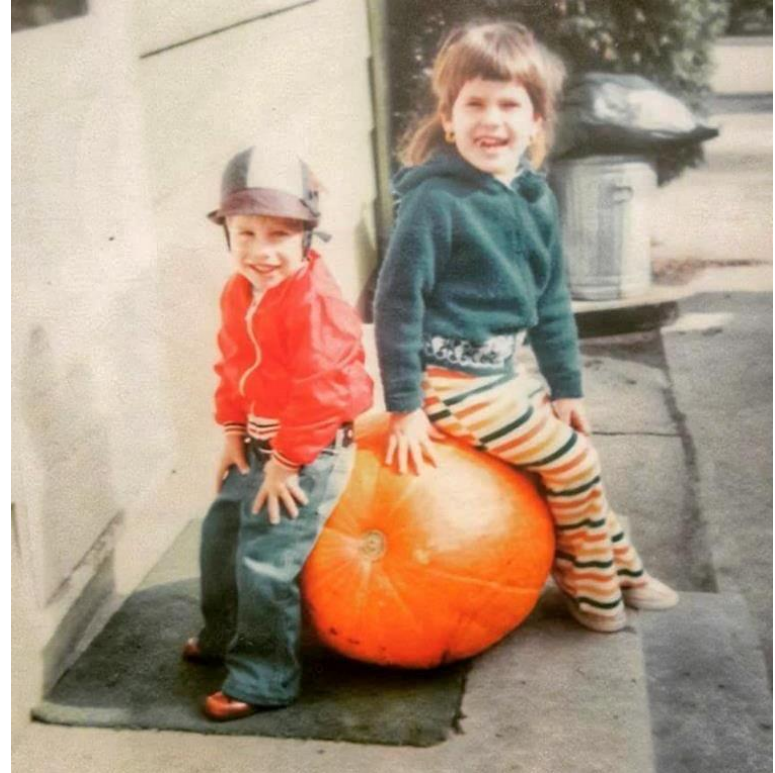
# Welcome!

## Scott Mikesh

4D Fit Founder & Instructor

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**nglcc**   
Certified LGBT  
Business Enterprise®



# Are you at risk or in crisis?

There's no shame, and you're not alone.

**1-800-273-TALK (8255)**

Text **MHA** to **741741**

Call **911** (or **988**) or go to the **ER**

# Why focus on Mental Fitness?



“When we dismiss or deny the function of the brain,  
we prolong the cycle of dysfunction and pain.”

Scott Mikesh, Author & Mental Fitness Instructor



# MY BRAIN CAN'T POOP

a mental fitness guide for humans

SCOTT MIKESH



- ✓ brain health
- ✓ brain development
- ✓ mental function
- ✓ neurology
- ✓ neurochemistry
- ✓ neurodiversity
- ✓ motivation
- ✓ reinforcement



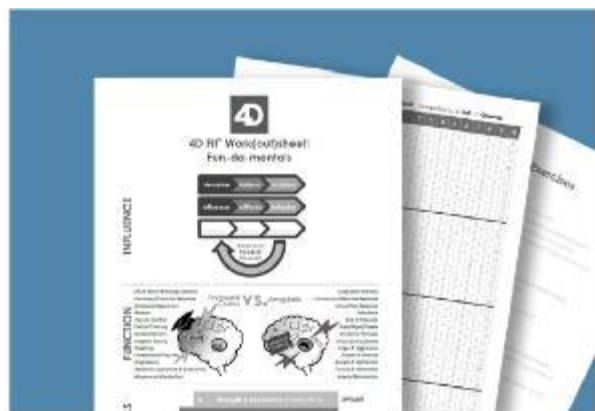
# Levels of Mental Fitness

**4. Strength & Endurance** (e.g., motivate, maintain)

**3. Rest & Recovery** (e.g., nourish, sleep, unplug, meditate)

**2. Flexibility** (e.g., create, reach out, navigate change & grief)

**1. Balance** (e.g., emotional awareness, find support, breathing, focus, forgiveness)



## 4D Fit<sup>SM</sup> Fun-da-mentals

Level: *INTRODUCTORY*

Whether you're just getting started or looking for a new approach, this introductory work(out)sheet provides basic examples of the 4D Fit Mental Fitness Model<sup>SM</sup>, principles and practices to support brain health, wellness, and achievement.



## 4D Fit<sup>SM</sup> S.E.N.C. Inventory

Level: *INTERMEDIATE*

The S.E.N.C. Inventory will help you make "sense" of internal and external influences that impact your mood, motivation, and behaviors, to identify practices you can use to feel and do your best, to achieve your goals—whatever they might be.



## 4D Fit<sup>SM</sup> Goal Tracker + Score Card

Level: *ADVANCED*

Achievement begins by perceiving the possibility, that requires repetition and reinforcement. That's why the 4D Fit Goal Tracker + Score Card helps identify and apply mental fitness practices to help you achieve your specific goals—HEAD FIRST!

# 4 Key Questions



1. What is **fitness**, really?
2. What influences **motivation & behaviors**?
3. Why focus on **brain health & neurodiversity**?
4. How to practice **mental fitness**?



A close-up portrait of Stephen Hawking, wearing his signature glasses and a dark jacket over a light blue shirt. He has a thoughtful expression, with his hand resting near his chin. The background is a soft, out-of-focus blue.

**WHAT DOES**

**FITNESS**

**MEAN TO**

**YOU?**

STEPHEN HAWKING (1942-2018)

# Fitness vs. Health



**Fitness** is the ability to **survive** and thrive.

**Health** is the state of being **free** from **illness** or injury.

\* The difference between a **fitness professional** and a **health care provider**.

Influence

Process

Behavior

Repetition  
& Reinforcement?

Reward/Dopamine or  
Punishment/Cortisol?



Perceive

Believe

Achieve

# Motivation



**influenced by the  
perception of possibility**  
*(i.e., trust, hope, role modeling,  
anticipation of reward)*

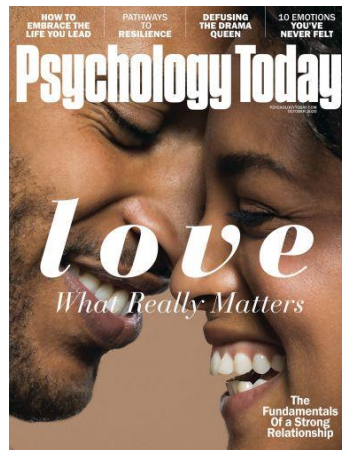




2018



2019



2020



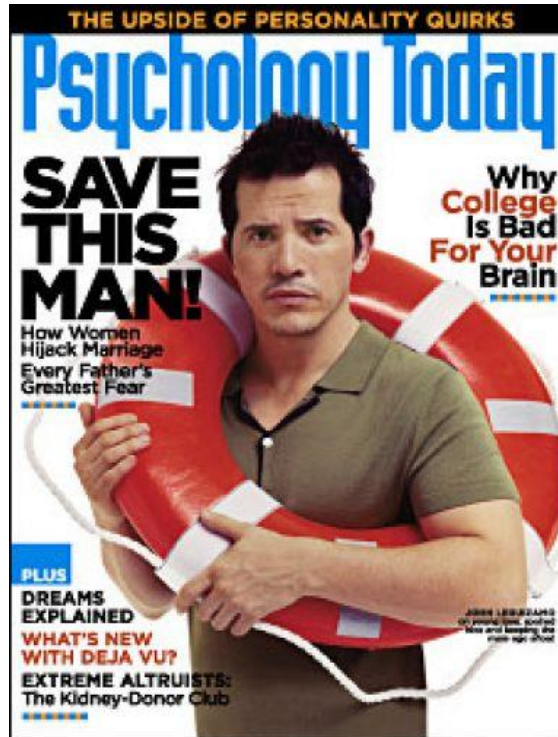
2021



2021







2005

# WORKSHEET



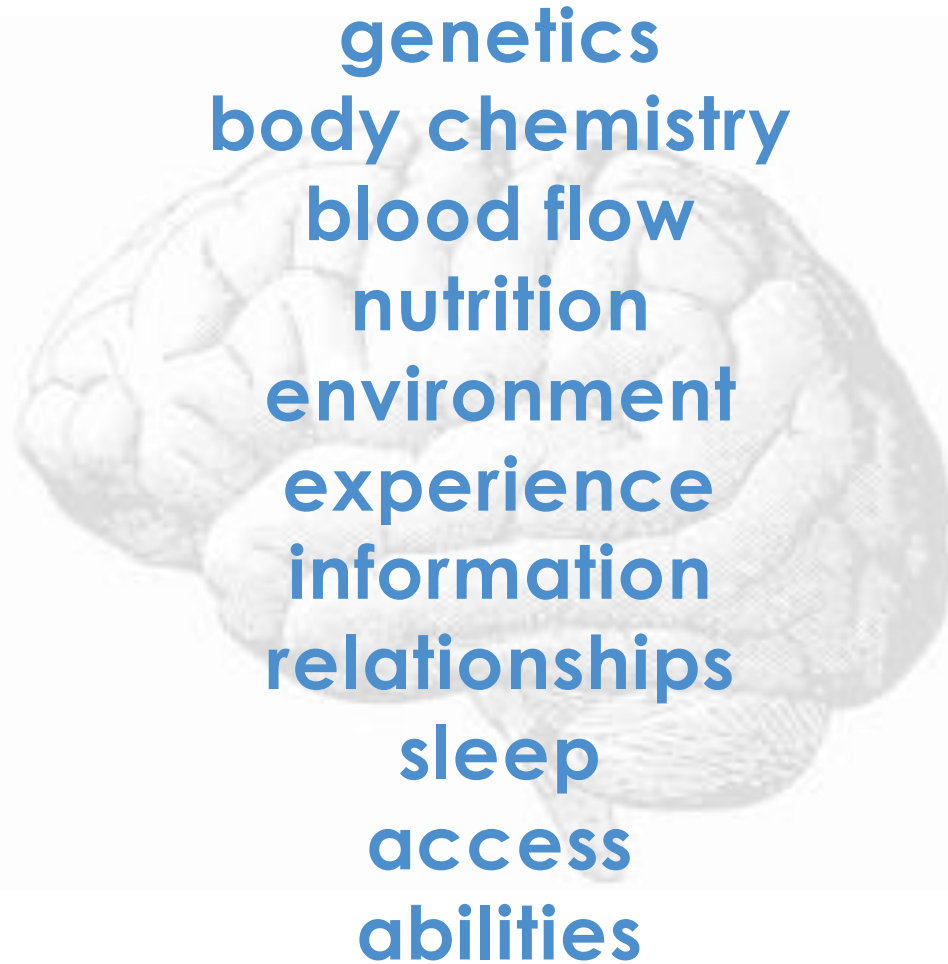
**What's influencing  
YOU?**

Every brain is as  
**diverse** as every body.



**neuro**diversity





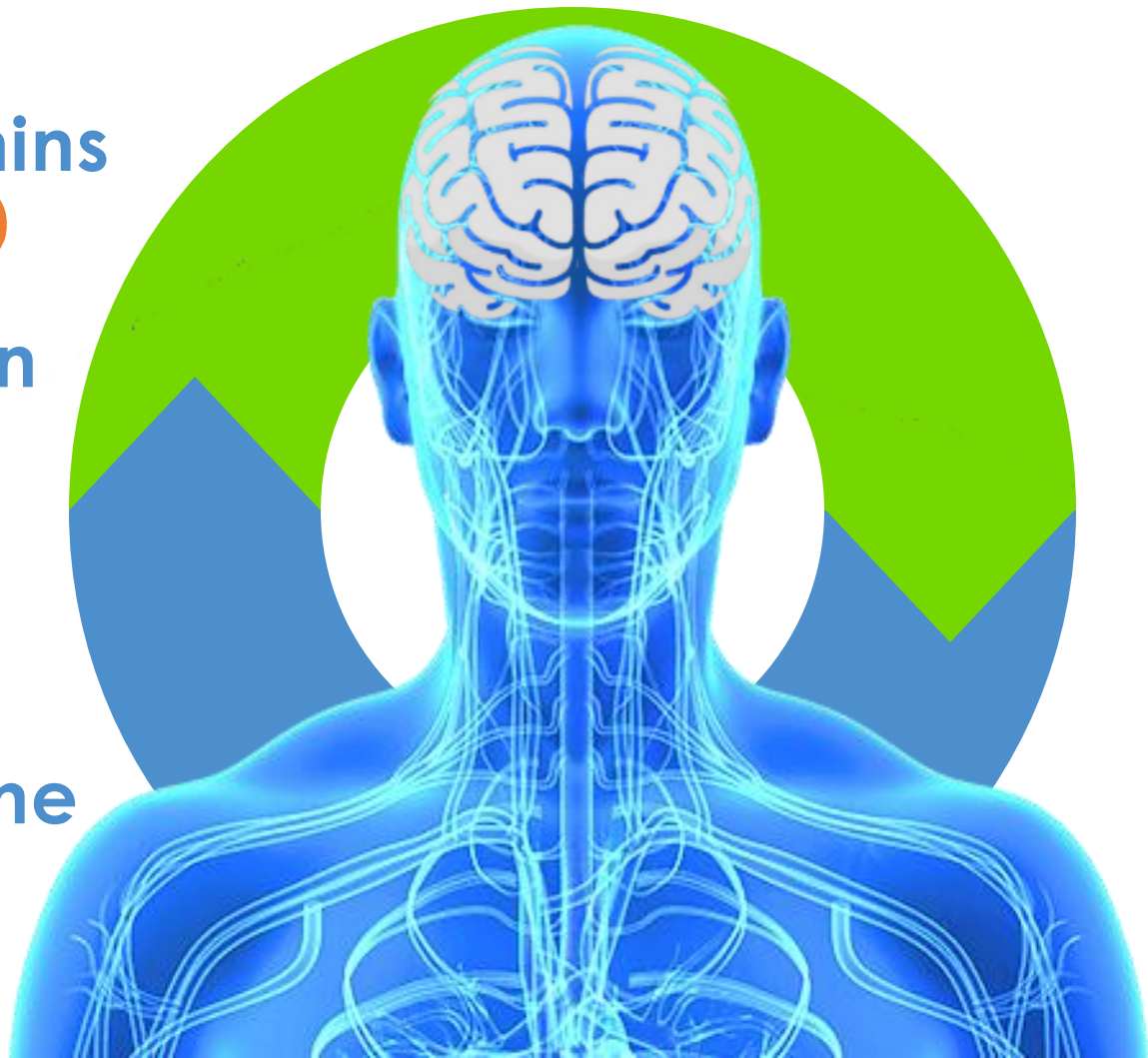
**genetics**  
**body chemistry**  
**blood flow**  
**nutrition**  
**environment**  
**experience**  
**information**  
**relationships**  
**sleep**  
**access**  
**abilities**

**endorphins**  
(pain relief)

**serotonin**  
(safety)

**cortisol**  
(stress)

**dopamine**  
(reward)



Why is it  
**SO HARD?**



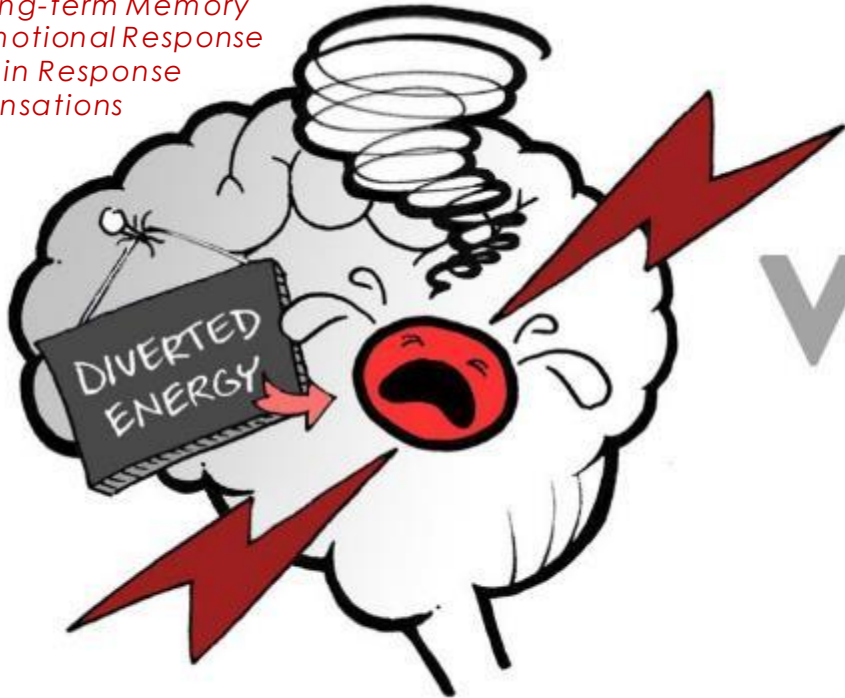
# Amygdala

**90% - unconscious - mature at birth**

Autonomic Nervous System:

- > Sympathetic (stress—fight, flight, or freeze/surrender)
- > Parasympathetic (rest, digest, and repair)

Long-term Memory  
Emotional Response  
Pain Response  
Sensations

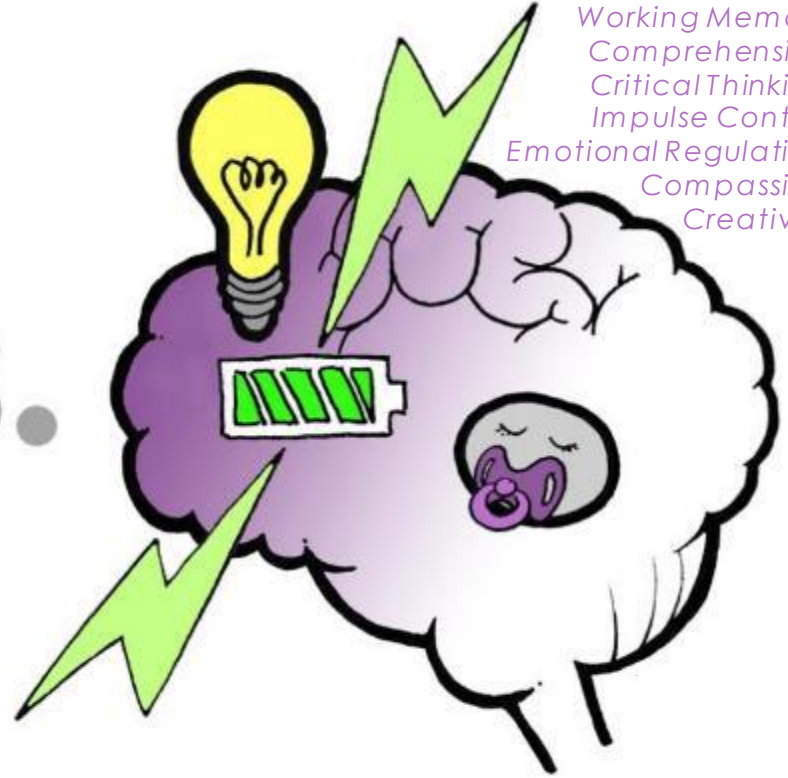


vs.

# Prefrontal Cortex

**10% - conscious - mature at 25**

Central Nervous System  
Working Memory  
Comprehension  
Critical Thinking  
Impulse Control  
Emotional Regulation  
Compassion  
Creativity







Are we using **fear**  
or **hope** as a motivator?

# Adaptation vs. Conformity



**Adapt** is the process of **change** in order to thrive.

**Conform** is complying with **change** to reduce risk.

# Change as a loss or threat can trigger **grief**...



Denial



Bargaining



Anger



Depression

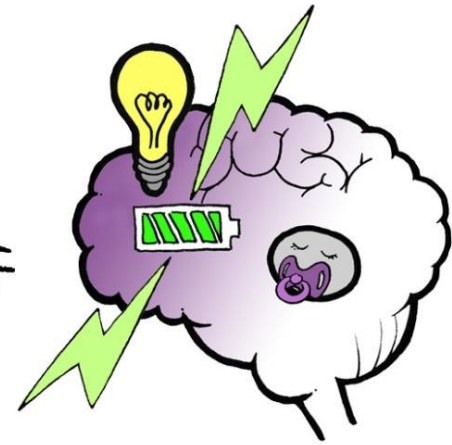


Acceptance

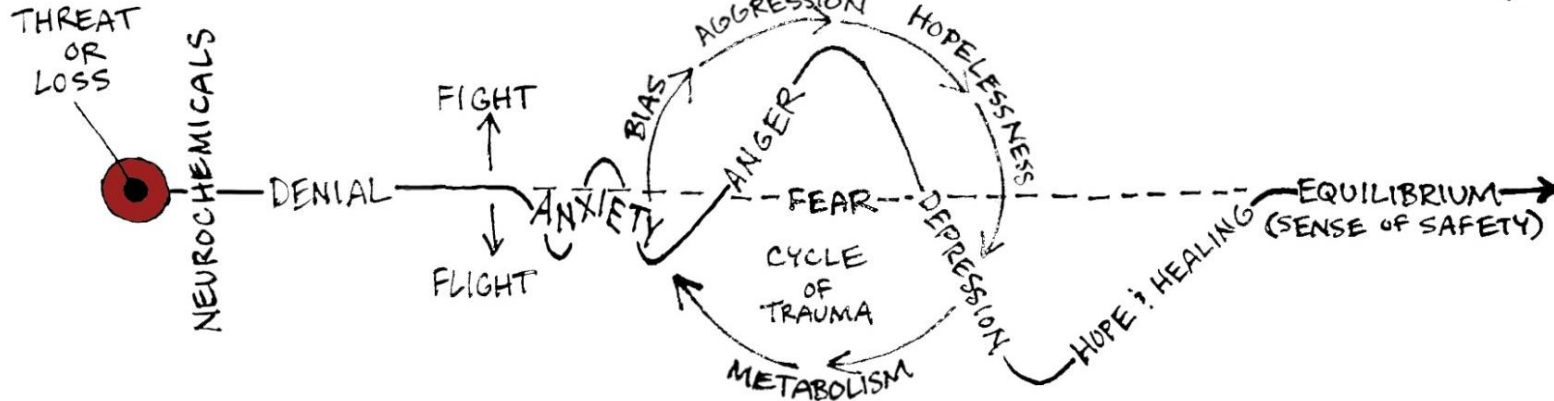
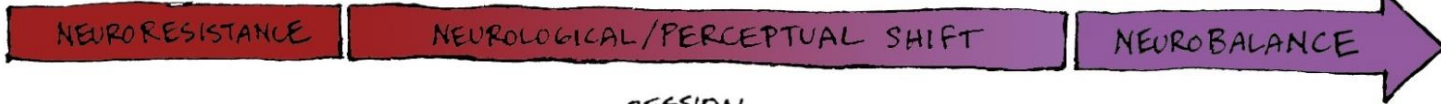


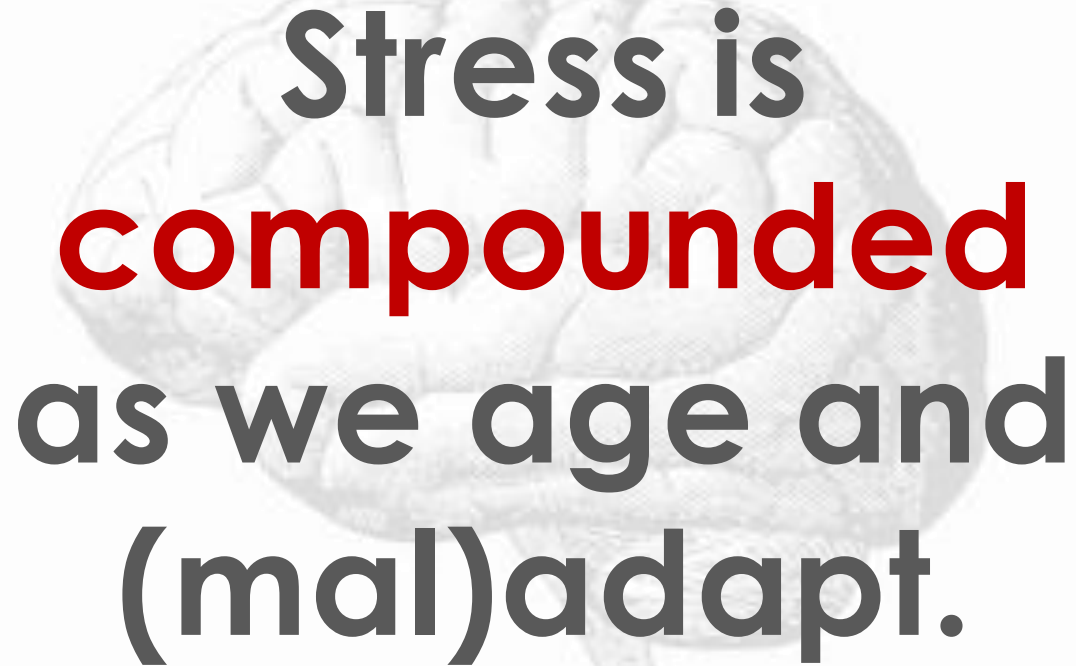
Amygdala

# BRAIN WAVES OF GRIEF



Prefrontal Cortex





**Stress is  
compounded  
as we age and  
(mal)adapt.**



## EFFECTS OF STRESS ON THE BODY



### SKIN:

Changes in Skin Texture, Loss of Skin Tone, Loss of Moisture, Thinner & More Delicate Skin



### IMMUNE SYSTEM:

Decreased Immunity



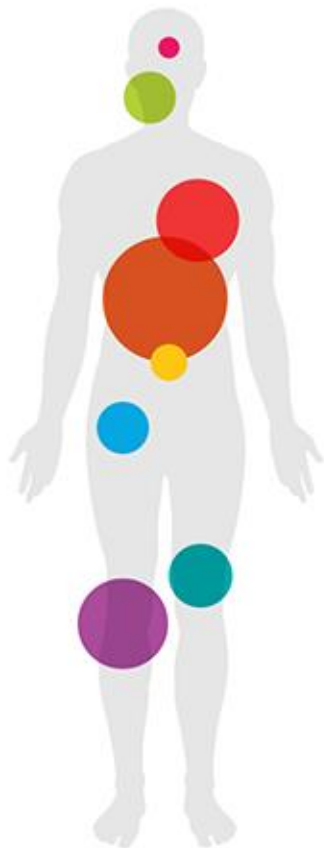
### HORMONES:

Hormonal Imbalances, Increased Cortisol



### BONES:

Decreased Calcium Absorption, Weakened Bones



### BRAIN:

Fatigue, Reduced Concentration, Decreased Mood



### HEART:

Increased Heart Rate, Elevated Blood Pressure



### GUT:

Decreased Nutrient Absorption, Alterations in Gut Motility, Changes in Microbiome, Leaky Gut



### MUSCLE:

Muscle Protein Breakdown

# Impact of elevated cortisol (stress hormone)



WEIGHT GAIN  
(ESPECIALLY AROUND THE  
ABDOMEN/STOMACH)



HIGHER  
SUSCEPTIBILITY  
TO INFECTIONS



A PUFFY,  
FLUSHED FACE



HIGH BLOOD  
PRESSURE



MOOD SWINGS



ACNE OR OTHER  
CHANGES IN THE SKIN



INCREASED  
ANXIETY



HIGHER RISK FOR  
BONE FRACTURES &  
OSTEOPOROSIS



FATIGUE/POOR SLEEP  
(INCLUDING FEELING  
"TIRED BUT WIRED")



MUSCLE ACHES  
AND PAINS



INCREASED URINATION



CHANGES IN LIBIDO



IRREGULAR PERIODS &  
FERTILITY PROBLEMS



EXCESSIVE THIRST



# Impact of elevated **cortisol** (stress hormone)





Embrace the  
**change**llenge...



**Differentiate **healthful**  
from **unhealthful**...**



**To maintain healthful  
motivation...**



To **feel and do**  
YOUR best...



**By caring for  
your **brain.****



# Mental Fitness Exercises

*\*Not one-size-fits-all.*

# Practice balance

- Be **aware** of your feelings (mindfulness)
- Practice **meditation & controlled breath**
- Move your body to promote **blood flow**
- Journal or talk about **thoughts & feelings**
- Find healthful **support & connections**

+ prefrontal  
cortex  
- amygdala

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= oxygen  
+ serotonin  
+ endorphins  
- cortisol





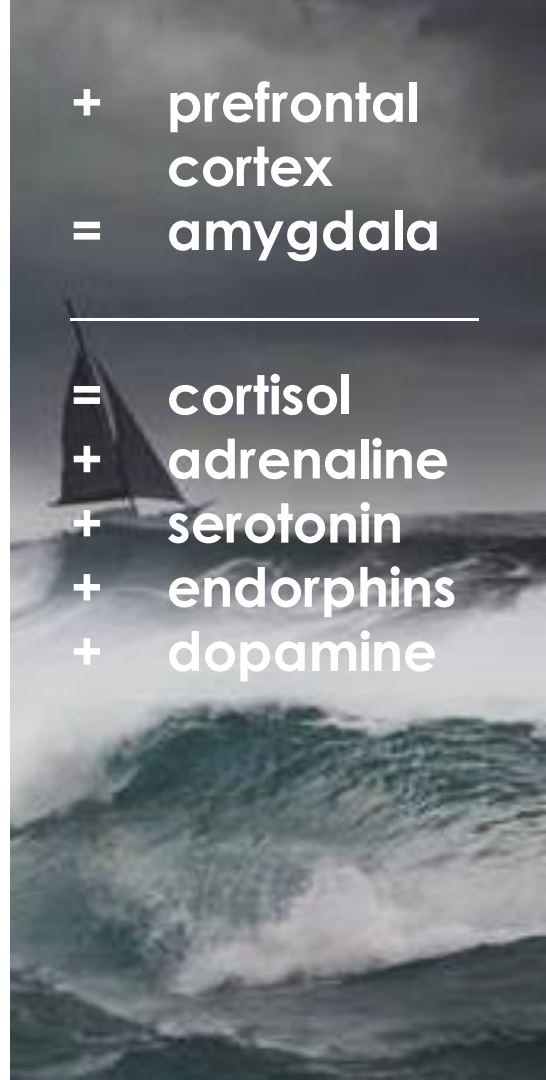
# Practice flexibility

- Accept some **stress/discomfort**
- Practice **play & creativity**
- Try or learn something **new**
- Be gentle with yourself—**no shame**
- Practice **gratitude & forgiveness**

+ prefrontal  
cortex  
=  
amygdala

---

= cortisol  
+ adrenaline  
+ serotonin  
+ endorphins  
+ dopamine



# Rest & recovery

- Get enough **quality sleep**
- Drink plenty of **water**
- Eat **nourishing foods**
- Take a **break, personal day or vacation**
- Disconnect from **media/devices**

- amygdala  
= prefrontal  
cortex

---

- cortisol  
- adrenaline  
+ oxygen  
+ serotonin  
+ endorphins  
+ dopamine  
+ nutrients



# Strength & endurance

- Find your **inspiration & motivation**
- Listen to **uplifting music**
- Practice **visualization**
- Know your limits to **say no, learn & grow**
- Reward success to **reinforce & repeat**

+ prefrontal cortex  
= amygdala

---

= cortisol  
+ adrenaline  
+ serotonin  
+ endorphins  
+ dopamine

- ON-DEMAND
- ONE-ON-ONE
- GROUP TRAINING
- PRESENTATION
- GET 4DMFC CERTIFIED
- GIVE A GIFT

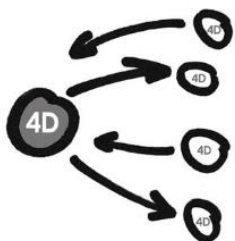


## Find the right fit.

*Not sure which training option is best for you?*

Schedule a [FREE consultation](#) to discuss your mental fitness goal(s) before getting started.

[← BACK TO ALL TRAINING OPTIONS](#)



### Mental Fitness Certification (per person)

\$400.00

Enroll in the 4D Mental Fitness Certification program to earn your 4DMFC certification.

This one-month long small-group cohort meets weekly via Zoom with access to the [On-demand](#)

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