

**BUILDING A STRONG FOUNDATION  
FOR YOUR WELLBEING, HEALTH & RECOVERY**

**MIND SKILLS BY LEIF**  
THE BETTER WAY TO A BETTER LIFE

**DISCLAIMER:** This is not a medical document, nor does it replace the advice provided by your doctor. Always consult with your doctor or healthcare provider before making any changes to your nutrition or any other aspect that may affect your health or well-being.

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# FIRST, **STOP** THE DAMAGE



When people try to recover from a situation that *is still happening*, (like an abusive situation) it is more difficult. The first step is to **stop**, or at least reduce, the damage.

- Can you **safely stop** the damage?  
If yes, then do that.
- Can you **safely remove** yourself (and possibly others) from the situation?  
If yes, then do that.
- Can you **safely reduce** the damage?  
If yes, then do that.

If none of these are possible, recovery should **not** be the main concern right now. Instead, focus on creating a situation where you can reduce the damage or safely remove yourself, preferably both.

# RECOVERY HAPPENS ON A FOUNDATION



The human mind and body are homeostatic systems (balance-seeking), and they are also adaptive and constantly evolving. They work best on a **supportive** foundation.

Damage or injury disrupts this balance, so the goal becomes to create a new balance. Key elements for recovery include:

- **High-quality rest** as a cornerstone
- **Quality nutrition** (and possibly medication) to support healing
- **Social support**, along with time for oneself
- **Learning new skills** to stabilize the foundation and establish the new balance

There are other important factors for the foundation, which we will discuss later. Ultimately, finding this balance is personal and unique to each individual.

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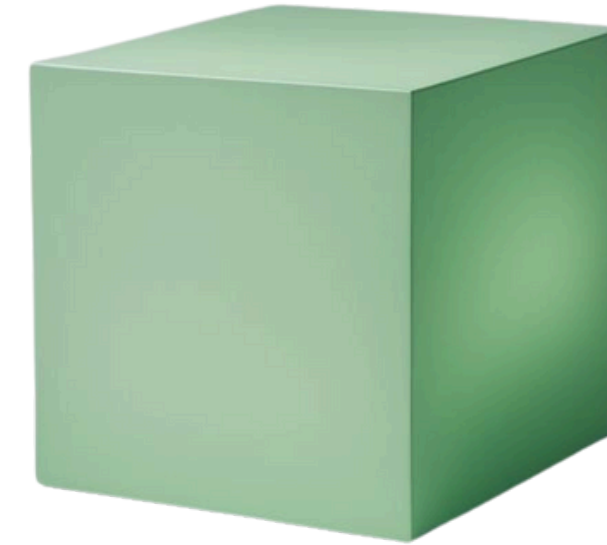
# THE BUILDING BLOCKS

## BEING SAFE

**Feeling** safe is foundational. Without a sense of safety, the brain remains in a heightened "survival state" of stress and alertness, which makes recovery difficult or even impossible. A stable, secure environment is essential to shift from survival to healing

## SOCIAL SUPPORT

Social support has a powerful calming effect, **reducing stress and providing emotional resources**. Having supportive relationships makes daily life easier and significantly enhances the recovery process, both physically and mentally



## REBALANCING

**Life is constantly changing**, and so is the recovery journey. The ability to rebalance after setbacks is crucial for long-term progress. Flexibility and adaptation are core to regaining stability after disruptions.

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# THE BUILDING BLOCKS

## USEFUL OPTIMISM

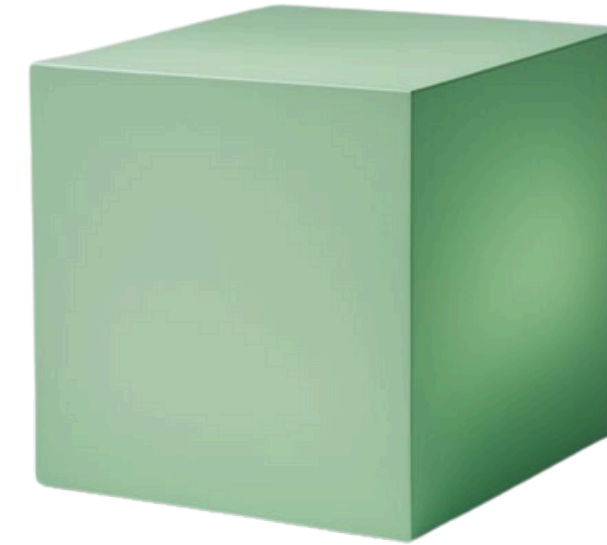
This refers to **acknowledging the reality** of your situation while maintaining the belief that **you can improve**. It's about being hopeful without ignoring the challenges, which fosters resilience and a proactive mindset during recovery

## USEFUL CONFIDENCE

Knowing your strengths and being **open to growth** is key. Useful confidence helps you identify what you're already good at, while keeping an open mind to learn and improve in areas that support your recovery.

## MEANING AND PURPOSE

Having a sense of meaning or purpose helps **align your mental and physical resources** toward recovery. Purpose gives you the drive and focus to persevere through challenges and stay on track in your healing process.

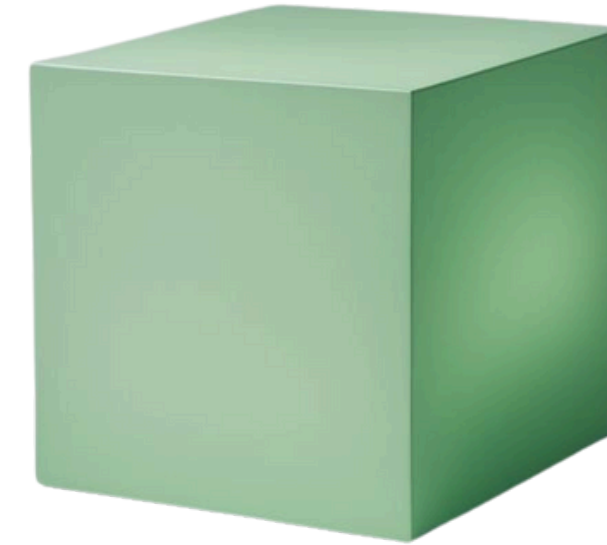


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# THE BUILDING BLOCKS

## HOPE

Hope is **the guiding light** at the end of the tunnel, providing motivation and a vision of a better future. It's what keeps you moving forward, even when progress feels slow or difficult



## FREEDOM

Autonomy in your recovery process is critical. When you are **free to make choices that support your** well-being, the recovery process is smoother. A lack of freedom can slow down or even halt progress

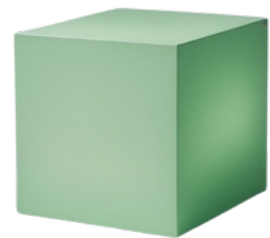
## SELF-REWARDING

Recovery can be a tough and sometimes isolating process. The ability to internally reward yourself—finding **satisfaction in small victories or progress**—helps you stay motivated and resilient during difficult times.

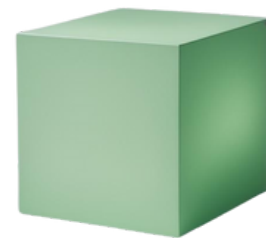
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# THE BUILDING BLOCKS ARE SKILLS

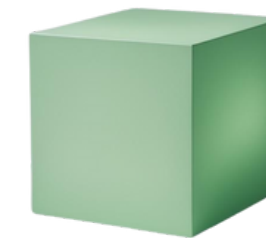
All of the building blocks are learnable skills  
Each skill can be **learned**, **improved** and **optimized**



**BEING SAFE**  
**SOCIAL SUPPORT**  
**REBALANCING**



**USEFUL OPTIMISM**  
**USEFUL CONFIDENCE**  
**MEANING and PURPOSE**

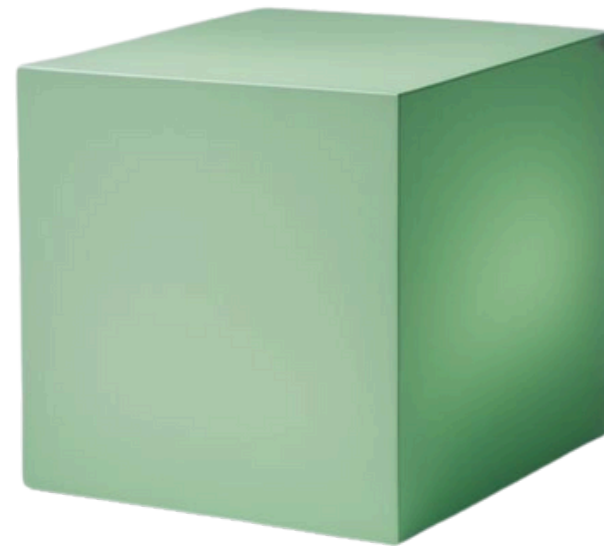


**HOPE**  
**FREEDOM**  
**SELF-REWARDING**

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TOGETHER, WE CREATE  
A **SUPPORTIVE** FOUNDATION FOR YOUR  
RECOVERY AND HEALTH



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# I AM HERE FOR YOU – PERSONALLY

ME, WORKING WITH YOU



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