



Mind Skills Training

Mind Wellness

THE COURSE





Let's Talk about Mind Wellness

The human Mind is very capable of creating Mind Wellness,
but most people were not shown how to fully use this



The essential

- B** — B alance
 - R** — R elationships
 - A** — A daptability
 - I** — I ndividuality
 - N** — N ourishment
-



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Your **Mind Wellness** is deeply influenced by your **Mind Skills**

What are Mind Skills?

Mind Skills are the abilities of your mind to improve the quality of your life. Mind Skills are learnable. Mind Skills can be improved





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The **B.R.A.I.N.** way

Creating Mind Wellness

Working **WITH** your brain is a far more
useful approach to Mind Wellness



**Ensuring that your mind is healthy is
a daily responsibility you owe yourself.**

Aligning your actions with your personal B.R.A.I.N. way is the real and easier solution to better mind wellness



Mind Skills Training

Optimizing Your Immune System **Naturally**

Insights from Harvard Medical School

Your Mind Skills can help you be healthier more often

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Eating properly is essential in optimizing your immunity against illness and disease. Plant-based food, such as fruits and vegetables, spices, and herbs are critical in keeping your immunity high and optimized.



Keep stress under control and make sure you get plenty of high quality sleep for recovery. Exercise for at least 30 minutes every day as well. These good-for-you patterns of behavior are effective immunity boosters.



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Transform Anxiety and Stress to **helpful** tools

Anxiety and stress are tools for survival

But Modern day societies repeatedly throw us off balance. Learn how to rebalance your Mind



Mind skills are powerful – they influence how you feel, what you believe, how you perform, and how you relate.



Mind skills are learnable – just like physical or technical skills, they can be practiced, refined, and improved.

Mind skills are trainable – with intention and the right methods, your mind can become more focused, adaptive, and emotionally intelligent.



Mind skills can be designed – you can deliberately shape new ways of thinking, feeling, and interpreting your world.



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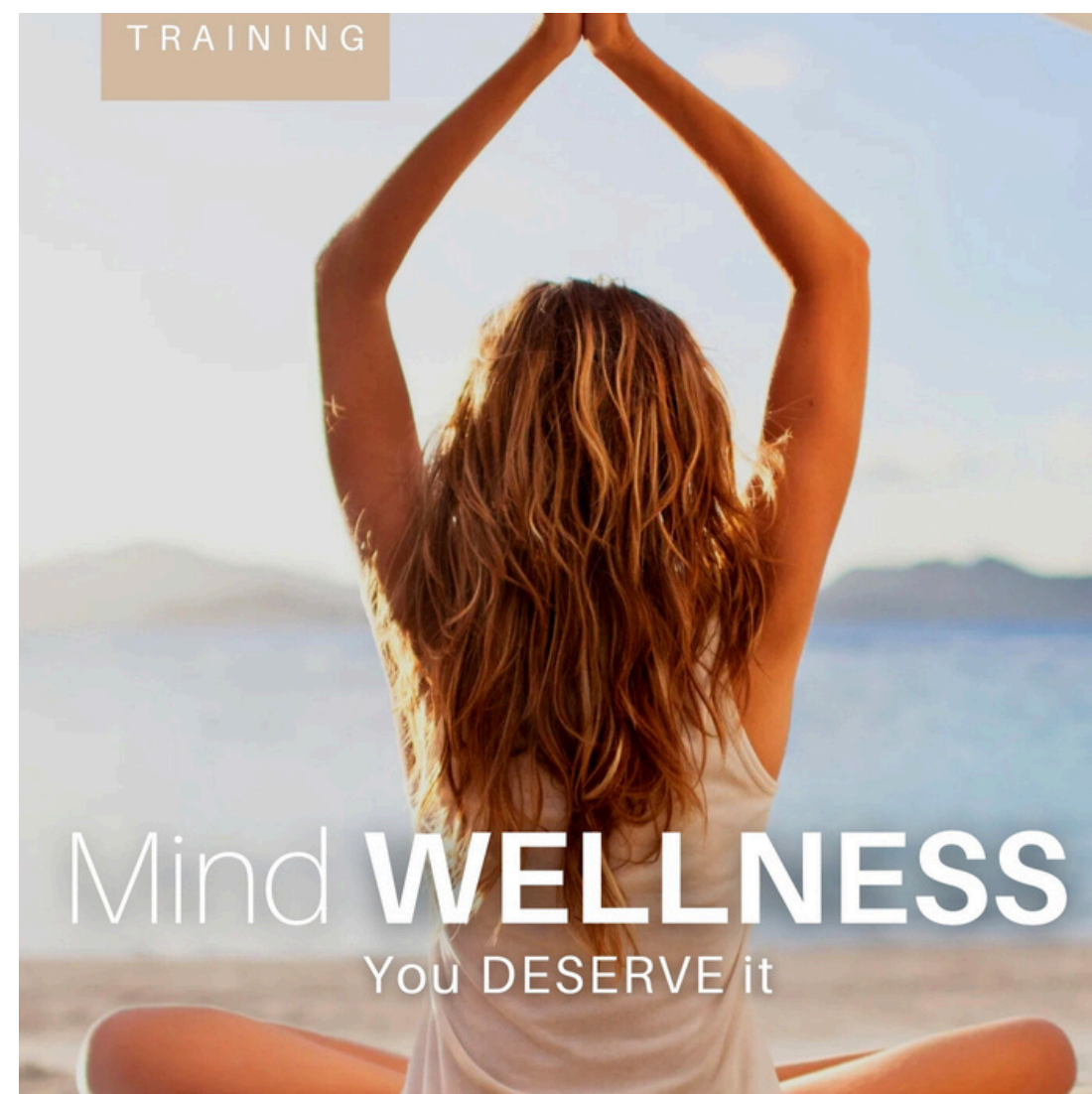
Harvard Health
Publishing
HARVARD MEDICAL SCHOOL

MIND & MOOD

Train your brain

February 15, 2021

*Practicing a new and
challenging activity is a
good bet for building
and maintaining
cognitive skills.*



Leif Rasmussen

Leading Mind Skills Trainer, Mental Health
advisor and Leader of social groups

Mind Skills

Training your mind for your benefit

Harvard Medical School

Sharing research from Harvard



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Closing Remarks

Mind Wellness by Leif Rasmussen

The KEY is the quality of the skills of your mind. Not just for general health, but also for wellbeing and an enjoyable life





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Thank you for tuning in!

We hope you can join us again
on our next health webinar.

STAY UPDATED!

@eastforgemical

