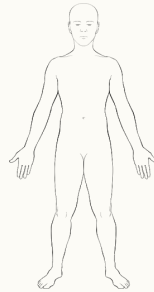


IMMUNE LIFESTYLE REGIMEN FOR EMOTIONAL FITNESS*

ASICS is an acronym for the latin "Anima Sana In Corpore Sano", a healthy mind in a healthy body. To boost our emotional fitness we begin with our bodies. A healthy lifestyle gives us the emotional stamina and elasticity to deal with challenges.

BODY

EAT



MOVE

SLEEP

Key areas are a balanced diet, moderate physical activity and most important of all seven to nine hours of sleep (see book by Matthew Walker, "Why We Sleep"). The rule of thumb is: too much of a good thing makes it harmful.

The hallmark of a fit mind is growth. We achieve this with four disciplines. Here "learn" refers to our knowledge of emotional intelligence, the ability to understand and manage emotions. "Accept" means living complaint-free, because complaining breeds frustration. Accepting reality for what it is and looking for alternatives is the essence of living complaint-free.

MIND

LEARN



NOTICE

ACCEPT

APPRECIATE

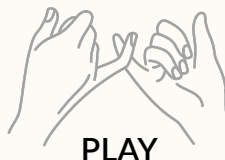
"Notice" is paying attention to what goes on in our mind. By routinely examining the thoughts, emotions and sensations that appear on the screen of our consciousness we boost our emotional fitness. Finally, "appreciate" is feeling grateful for the blessings in our lives, for it is hard to feel both gratitude and an unpleasant emotion at the same time.

Here we boost our emotional fitness by celebrating life with others. There are five powerful ways do so. To party is to celebrate. Making relationships playful connects us to the curious child within. And the benefits of laughing need no reiterating.

RELATIONS

PARTY

CONFESS



PLAY

LAUGH

GET IT ON

By "confess" I mean the ability to show vulnerability and open up in our relationships so as to have meaningful, even if sometimes painful, conversations. "Getting it on", via sexual intercourse or other forms of expressing love, brings fulfillment to our lives.

*physical fitness is the condition that allows us to perform physical activities such as sports
emotional fitness is **the condition** that allows us to use our emotional intelligence so as to live fully

Tobias
RODRIGUES