

Strong Mind & Strong Body: The Common Factors of Improving Mental Health and Fitness

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About Adam

- Licensed Professional Counselor – Mental Health Service Provider
- Currently working in private practice in Chattanooga, Tennessee
- Specializing in helping people strengthen their recovery from addiction, helping people improve their emotional intelligence, and helping athletes improve their mental health and performance
- CrossFit Level-Two Trainer
- Host of the Counseling and Functional Fitness podcast

Common Factors Discussed

- Resilience
- Self-Confidence
- Mental Fitness
- Self-Talk

Resilience

- Resilience is often thought of as ‘bouncing back’ after adversity, but that is not the most growth-enhancing lens to view resilience from. Instead, resilience can be viewed as growing through adversity.
- Eric Greitens (2016), in his book called Resilience, says, “What happens to us becomes part of us. Resilient people do not bounce back from difficult experiences; they find healthy ways to integrate them into their lives. In time, people find that great calamity met with great spirit can create great strength” (p. 23).

Resilience (Part Two)

- “The pessimist sees the difficulty in every opportunity, the optimist sees the opportunity in every difficulty.” –Winston Churchill
- Resilience is built and strengthened through therapy by helping clients learn and grow from challenges in their lives.
- “Resilience is the virtue that enables people to move through hardship and become better. No one escapes pain, fear, and suffering. Yet from pain can come wisdom, from fear can come courage, from suffering can come strength – if we have the virtue of resilience” (Greitens, 2016, p. 3).

Self-Confidence

- Book recommendation: The Confident Mind by Dr. Nate Zinsser
- Self-confidence can be defined as “a sense of certainty about your ability, which allows you to bypass conscious thought and execute unconsciously” (Zinsser, 2022, p. 8)
- “Confidence is that feeling that you can do something (or that you know something) so well you don’t have to think about how to do it when you’re doing it. That skill or knowledge is in you, it’s part of you, and it will come out when needed if you let it” (Zinsser, 2022, p. 9).

Self-Confidence

- The sewer cycle and the the success cycle from The Confident Mind by Dr. Nate Zinsser
- “No one, not the mentally toughest, most confident individual on the plate, is immune to the occasional trip around the sewer cycle” (Zinsser, 2022, p. 32).

Mental Fitness

- Adam's working definition of mental fitness is: emotional and cognitive work capacity across a wide variety of challenges, as well as the willingness to embrace challenges as opportunities for growth.
- Work capacity application in fitness
- Work capacity application in therapy

Self-talk

- Self-talk consists of the stories and phrases we tell ourselves, especially about ourselves.
- Self-talk shapes our expectations, and our expectations shape our self-talk
- Our self-talk can help us or it can hinder us.
- The sewer cycle and the success cycle

Counseling and Functional Fitness Podcast

- Focused on the integration of mental health and fitness.
- Available on Spotify, Apple Podcasts, and all other streaming platforms.
- Email: abarfoot@nbccchattanooga.com
- Website: adambarfoottherapy.com

