

Fika **F**ika **F**ika

Remote community

Combating remote isolation with community collaboration, peer motivation and engagement around regular positive skills hacks and mental fitness topics

Curated inspiration



Athletes, psychologists and students share their experiences to inspire reflection and action

Community posts



Community goal setting to increase accountability and connect with others

POSITIVITY • NEW TOPIC IN 1 DAY What kind thing could you do for someone? 21 posts Inspire me . . . Recent posts A FOLLOW NB 1 MIN AGO Today I plan to call two of my close friends, to check in with them and connect. CHEER THIS POST 20 MINS AGO I'll send a nice text to my friend who I know is struggling with exam prep

22.

POST CHEERED!



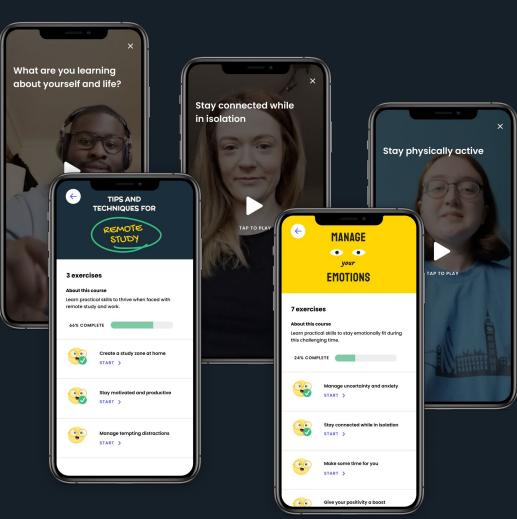
Regular Topics

Regular reflective practice to build the 7 skills of Mental Fitness

Peer motivation



Receive and give encouragement amongst peers to increase motivation to achieve daily goals



Fika (Mental Fitness

Cope with remote.

New dedicated programmes

A series of dedicated programmes to foster remote Mental Fitness. Including: Staying connected during self isolation. Take time for you, while living in cramped conditions. Get in the study zone and Manage distractions.

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New programmes and audio guides



New programmes:

- Staying connected during self isolation
- Take time for you, while living in cramped conditions
- Get in the study zone
- Manage distractions
- Manage uncertainty
- Keep up your motivation
- Boost your positivity
- Keep your healthy habits ticking over

Featured audio guides:

- Focus and relax
- My peaceful place
- Gratitude
- Staying connected Do something kind

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