

Fika 
Mental Fitness

Remote community

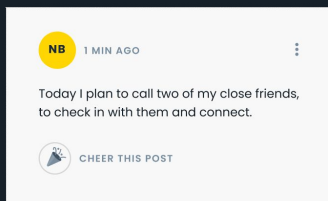
Combating remote isolation with community collaboration, peer motivation and engagement around regular positive skills hacks and mental fitness topics

Curated inspiration

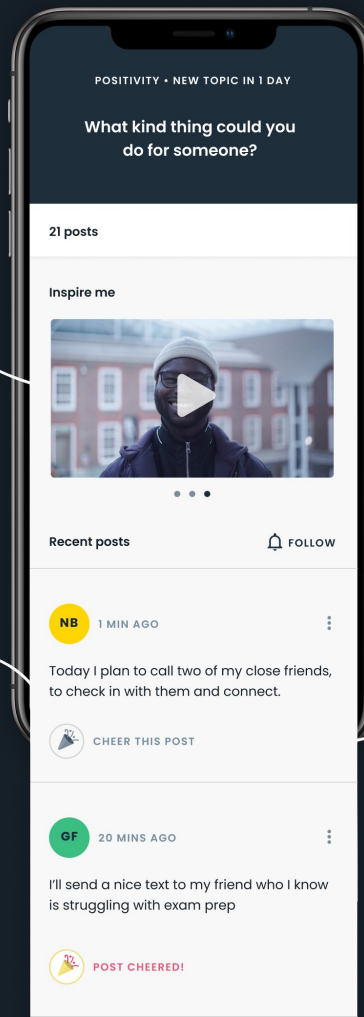


Athletes, psychologists and students share their experiences to inspire reflection and action

Community posts



Community goal setting to increase accountability and connect with others



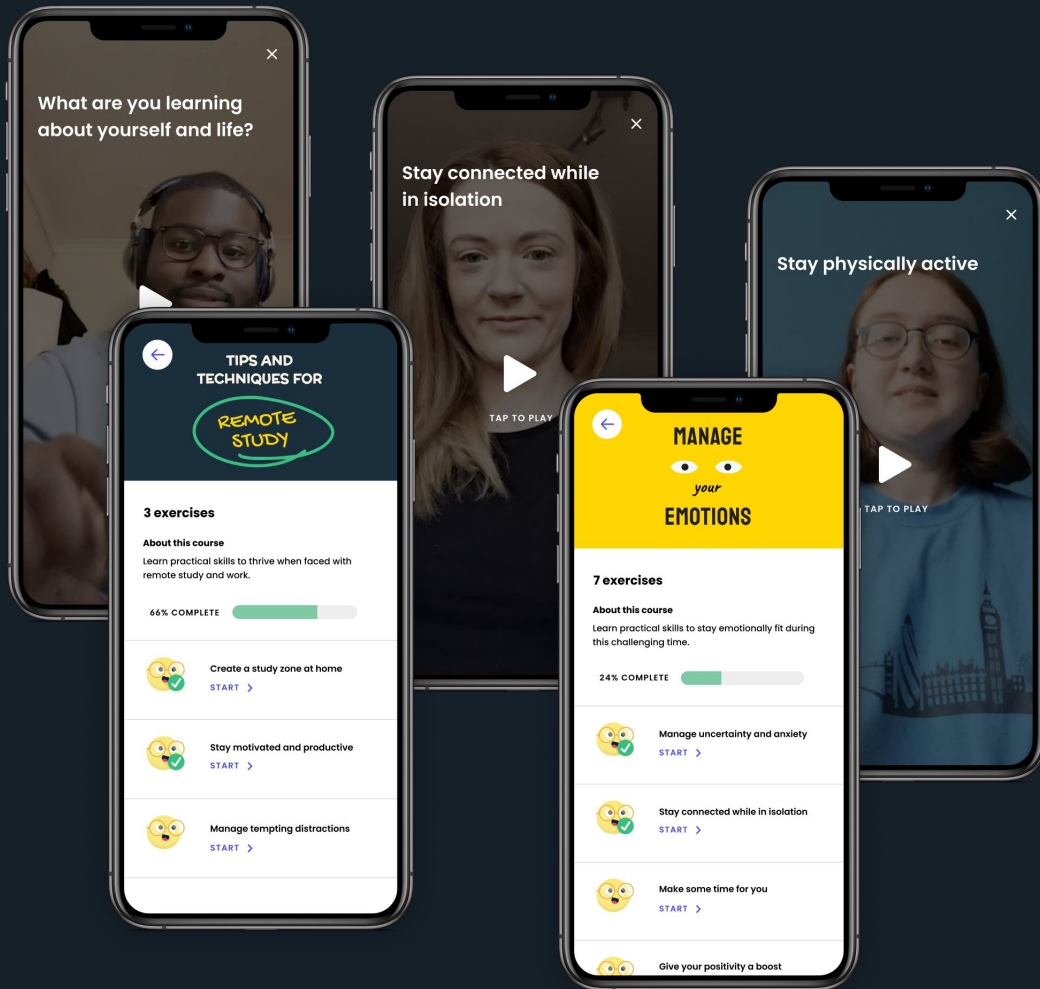
Regular Topics

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



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.

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

New features and programmes available for instant access from early April