

MENTAL FITNESS  
AND  
OVERCOMING  
THE 'ENEMY INSIDE' YOU



PRESENTED BY BRANDI L. BENSON



[WWW.BRANDILBENSON.COM](http://WWW.BRANDILBENSON.COM)

# TODAY'S DISCUSSION

## Topics to Cover

- Introduction, Nice to Meet
- Defining Mental Fitness & The Enemy Inside You
- Practicing Mindfulness
- Mindfulness Toolbox
- How to Deal with Change

## MEET BRANDI L. BENSON

Brandi Benson is an American speaker and cancer advocate. In 2009, after being diagnosed with a rare form of cancer, Ewing Sarcoma, Brandi fought to overcome her diagnosis, heal after her treatments, and reclaim her life through therapy, physical activities, and other healthy-living practices.

Through her speaking engagements and signature topic “Overcoming The Enemy Inside You” culled from the title of her acclaimed book, Brandi transforms the lives of her audience by encouraging them to pursue different avenues of physical and mental therapy to take charge of their healing and wellness.



"DON'T MAKE PERMANENT DECISIONS OFF OF TEMPORARY SITUATIONS, FEELINGS, EVENTS, OR CIRCUMSTANCES."



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Author | Speaker

## BRANDI L. BENSON'S MISSION

Her mission is to provide an effective blueprint of strategies and resources that survivors, their loved ones and anyone struggling with “an enemy” in whatever form, can use to improve their overall mental health and decrease the likelihood of mental decline.

## YOU WILL LEARN HELPFUL TIPS

- overall mental fitness
- managing a disability
- Looking past your current situation





# WHAT IS MENTAL FITNESS?



**IT IS MORE THAN JUST  
PHYSICAL**

# MENTAL FITNESS & MINDFULNESS



Mental fitness has more to do with positive thinking/affirmations and mental exercises more than physical activities. You can achieve

this by

- daydreaming
- positive thoughts
- reading a book
- to-do-lists
- journaling
- meditating

The benefits of daily mental fitness

exercises are more internal

...

- restful sleep
- lower anxiety
- higher self-confidence
- crystal clear thinking



# WHAT IS THE ENEMY INSIDE YOU?



**LOOK WITHIN**



# THE ENEMY INSIDE YOU & MINDFULNESS

The enemy inside you is anything that is stopping you from being the elite version of yourself – these are your adversities

...

- mental health barriers
- diseases/disabilities
- bad relationships
- your past
- lack of confidence

When you realize that your happiness and health are in your control, you will find

...

- self-control
- breaking barriers
- boost of confidence
- self-love, joy & acceptance





# WHAT IS MINDFULNESS?



**BECOMING AWARE**

**ATTENTION TO DETAIL  
&  
DISABILITIES**

The power of being mindful is critical when you're trying to fix an issue or enhance it

...

How to become more mindful in seven steps

...

- mindful breathing
- concentration
- awareness of your body
- releasing tension
- create a vision board
- daydream about the outcome
- create healthy habits to the reach goal

"YOU CAN LEARN HOW TO CREATE A MOMENT OF JOY, A FEELING OF HAPPINESS, AT ANY TIME OF THE DAY."

# EXPLORING YOUR DISABILITIES AND BREAKING BARRIERS



Whether you were born with a disability or gained one along the way, you can still live the life you want



# HOW TO COPE WITH LIMITATIONS AND OVERCOME CHALLENGES

- allow yourself time
- nurture yourself
- focus on the present
- minimize your disability impact
- ask for support

"LIVING WITH A DISABILITY DOESN'T HAVE TO MEAN LIVING SMALL. IN TODAY'S MODERN WORLD, THERE ARE SO MANY OPPORTUNITIES FOR PEOPLE OF ALL SORTS TO FIND JOBS, MAKE NEW FRIENDS, PLAY SPORTS, AND FIND LOVE."



Adjusting to life with a disability is never easy, but there are ways to help yourself cope with limitations, overcome challenges, and build a rewarding life.



# MINDFULNESS TOOLBOX



**YOU HAVE WHAT IT TAKES  
TO BE HAPPY**

# WHAT MAKES YOU HAPPY?



Mindfulness is the tool that aids us in identifying the conditions of happiness in the here and now. We have the tools to overcome the enemy inside of us now and become the best us regardless of our age, sex, religion, or disability!

- Our happiness is not in the past. Our happiness is not in the future. Our true happiness is in the present.
- It is about looking past your limitations and accepting them and moving forward

#beattheenemyinsideme

## ENHANCE FOCUS AND PRODUCTIVITY

focus on what you're great at and what makes you happy

## ENRICH EMOTIONAL INTELLIGENCE

do activities/read material that appeals to you emotionally

## GET CREATIVE

draw, journal, paint, bake, cook, or find a new hobby

## BETTER DECISION MAKING

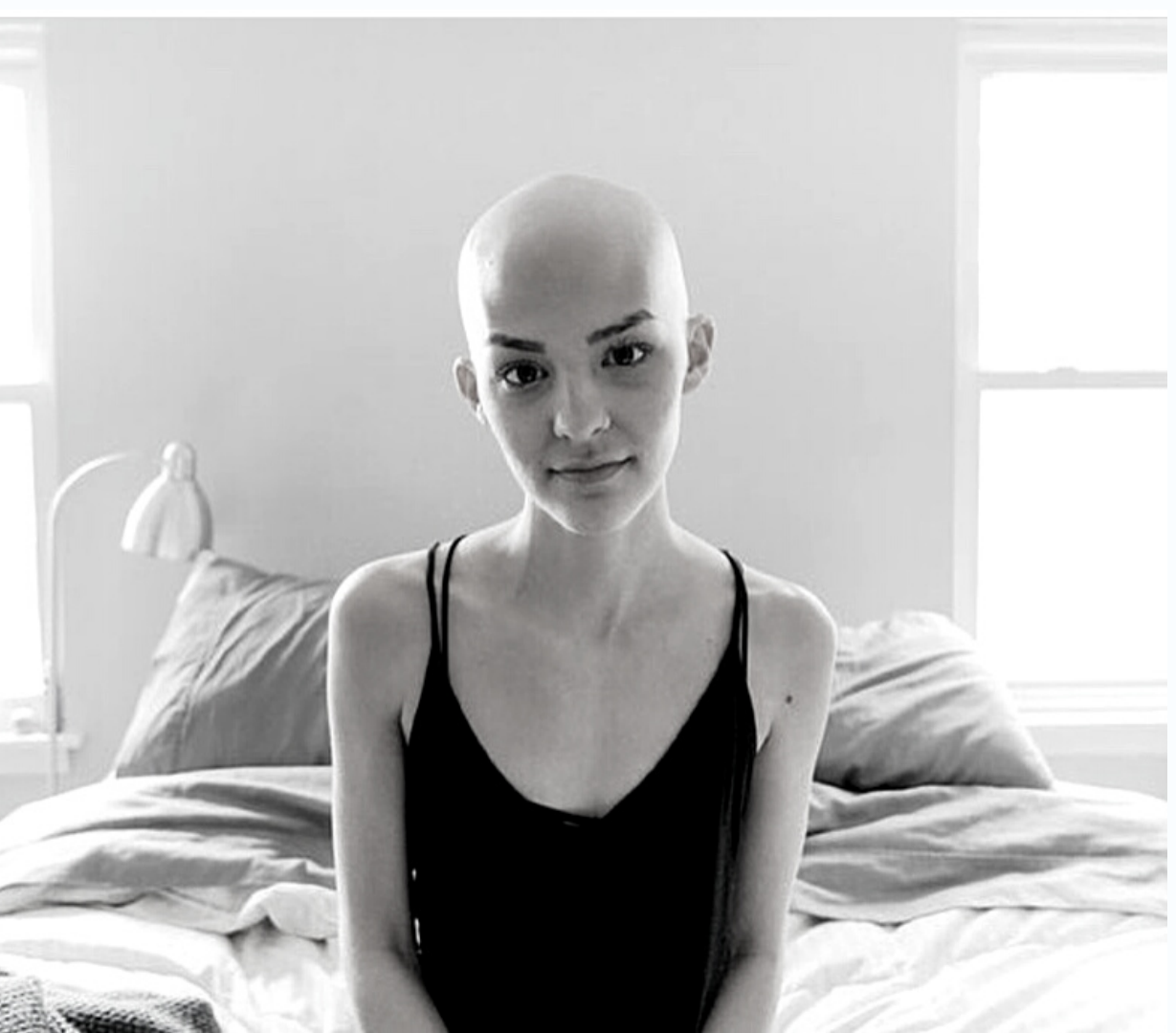
explore what is working and what is not, find a path to reach your goal



# HOW TO DEAL WITH A LIFE- CHANGING EVENT?



**MASTERING  
TRANSFORMATION**



## Trauma Changes You

Any traumatic event— such as cancer, a car accident, death or a global virus—can create an unstable emotional balance and cause traumatic stress.

Emotional symptoms of traumatic stress include

...

- shock, PTSD, disbelief
- fear, anger, helplessness
- shame, relief, sadness
- shaking, dizzy, faint
- rapid breathing and thoughts
- and many more

...



# TRAUMA CAN STEM FROM

**WITNESSING VIOLENCE**

**CULTURAL/HISTORICAL**

**ACCIDENTS & NATURAL DISASTERS**

**PHYSICAL OR MENTAL ABUSE**

**CHILD ABUSE OR NEGLECT**

**WAR OR VIOLENCE**

**MEDICAL INTERVENTIONS**

**GRIEF AND LOSS**

The effects of trauma and change can be complex and far-reaching, and no two responses to trauma are exactly alike

...

Here are some tips for coping with trauma and defeating the enemy inside you

...

- rest
- support group
- therapy
- movement
- journal
- acceptance



# CONCLUSION



**TIME TO IMPLEMENT IT ALL**



**SET A DAILY  
INTENTION.**

**POSITIVE  
AFFIRMATIONS.**

**TUNE INTO  
YOUR MOOD.**

**TAKE A  
CREATIVE BREAK.**

**FOCUS ON YOUR  
BREATHING.**

**ENGAGE IN  
HANDWORK.**

# MENTAL DECLINE? ASK FOR HELP

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## **Mental health and suicide hotline**

National Suicide Prevention Hotline -- 1-800-273-8255

## **Crisis hotline for kids and teens**

Childhelp National Child Abuse Hotline -- 1-800-422-4453

## **Domestic and sexual violence hotline**

National Domestic Violence Hotline -- 1-800-799-7233

## **Hotline for the LGBTQIA+ community**

Trans Lifeline -- 1-877-565-8860

#beattheenemyinsideme



**Food for Thought**

**THE MIND IS JUST LIKE A MUSCLE  
— THE MORE YOU EXERCISE IT,  
THE STRONGER IT GETS AND THE  
MORE IT CAN EXPAND.**

**IDOWU KOYENIKAN**

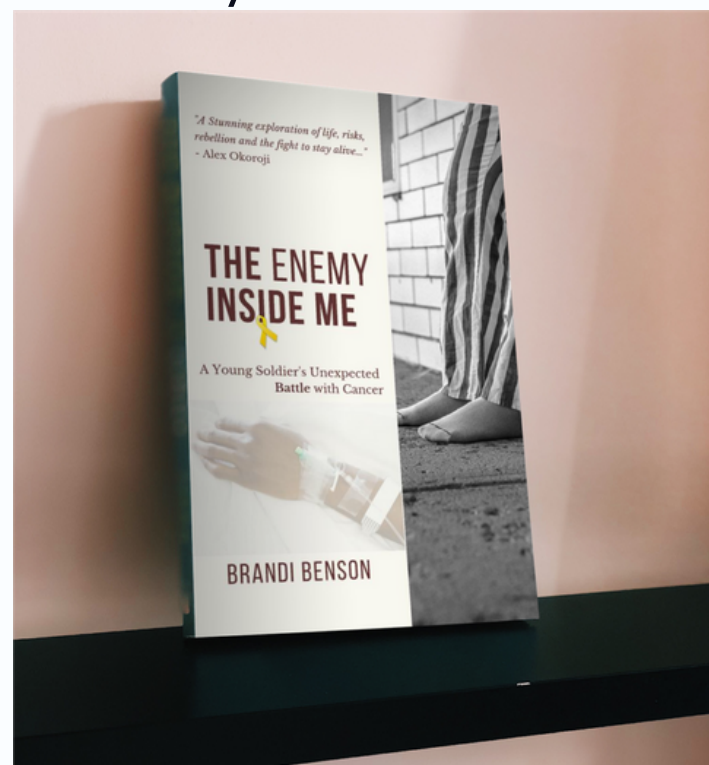


## A PERSONAL MESSAGE FROM BRANDI

Thank you so much for taking the time to visit my presentation today. It is with great pleasure that I invite you to my website, [www.BrandiLBenson.com](http://www.BrandiLBenson.com), where you can learn a little more about me and my survivorship journey.

## CHECK OUT MY BOOK

Please check out my nonfiction book 'The Enemy Inside Me' out now!



@BrandiL.Benson



@BrandiLBenson

FOLLOW ME



# QUESTIONS

USE THE HASHTAG

**#BEATTHEENEMYINSIDEME**



TODAY

DON'T FORGET TO TAG ME 😊

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