

WELLNESS CORNER

Your Mind Needs Maintenance Too



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An ounce of prevention is worth a pound of cure. We accept this readily when it comes to our bodies—we schedule check-ups, watch our diet, and squeeze in a workout before anything breaks down. Yet we rarely extend the same courtesy to our minds. We wait until we are overwhelmed, depleted, or on the edge of burnout before we pause to ask how we are really doing.

Mental wellbeing, like physical health, thrives on regular maintenance rather than emergency repair. The signals that something needs attention are often quiet long before they become loud. A slow dip in motivation. A shorter fuse than usual. Finding yourself present in meetings but no longer engaged. These subtle shifts are not weaknesses—they are data. And the sooner we notice them, the more choices we have.

That is why self-reflection deserves a permanent place in your routine. When we protect our time for rest and reflection, we gain clarity on our priorities and values, and that clarity is precisely what helps us reach our goals with less friction and more purpose.

A Quick Self-Assessment

Take a moment to check in honestly. Over the past two weeks:

Mood:

Has my baseline felt heavier, flatter, or more irritable than usual?

Motivation:

Am I still drawn to work and people that once energized me?

Engagement:

Am I genuinely present, or simply going through the motions?

Energy:

Do I recover after rest, or does the tiredness linger?



If you notice a shift in even one of these, treat it as a gentle nudge—not a verdict.



THE PRACTICE

Reflection does not require long, grand blocks of time. You would be surprised how grounded you feel by inserting pockets of just one to two minutes of mindful breathing across your day: before a call, between tasks, after a difficult conversation. Breathe in slowly, exhale longer, and notice what you feel.

Small, consistent check-ins keep your mind resilient. Give your inner world the same care you give your body—not because something is wrong, but so that it stays right.