

# **Fika**

## **Mental Fitness**



A quick guide to powering up your mental fitness today!



## What is Fika?

Fika is a Mental Fitness platform which helps you to improve your 7 skills of Mental Fitness to enable you to achieve more and have greater life satisfaction.

Fika is designed to empower individuals with guided mental skills development courses with proven benefits on mental well-being and performance.

## The 7 Skills of Mental Fitness



All of the exercises are delivered in a 5-minute format, making it easier for you to fit it into your day.

In addition to this if you want some extra guidance with the exercises, there are regular 60-second [Thought for the Day videos](#) in-app and on-demand to help guide you through Fika 7 skills curriculum.

The 7 skills focus on a different skill per month and you can work your way through the courses. Each thought for the day also links to a relevant exercise to the 'skill of the month'.

To download the app, go to the app store/play store and search for Fika. You can then use your university email address to register and create a password, to use the app for free.

- To find out more, check out this [video](#)
- Fika: [The mental fitness platform website](#)
- Fika: [Thought for the Day video](#)

Once registered, we'd recommend completing the mental fitness questionnaire (21 short questions). This helps you see where your strengths are and maybe identify where you could make improvements upon across your 7 Skill of Mental Fitness. From here you can either start working your way through specific Skills and their exercises inside, or you could try out our daily boosters.

# How to Fika?

Getting started with Fika couldn't be easier - to get set up on Fika please follow the below steps:

## Step 1: Download Fika:

- Download Fika Mental Fitness for your [Android](#) or [Apple](#) device ([device requirements](#)).

## Step 2: Register as a member of the College of Animal Welfare community

- **Tap** get started
- Agree to age consent, terms and privacy policy
- Find **The College of Animal Welfare** in the organisation list
- Enter your **@caw.ac.uk** email and create your new password. (See to following section '**Accessing your @caw.ac.uk email address for students**' for guidance on accessing your email should you need to).
- A verification email will be sent to your inbox - this can take a few minutes to arrive - click the link when it does.
- **Congrats!** You've now registered as a member of The College of Animal Welfare community. In your 'Courses' tab you will now see:
  - 7 Skills of Mental Fitness courses
  - Overview to Fika

## Step 3: Complete your Mental Fitness Profile in-app questionnaire

Before you start exercising your mind, we'd recommend you complete your Mental Fitness Profile so you are able to pinpoint areas of strength and areas for improvement and keep track of your Mental Fitness journey. To do so:

- Tap the 'Profile' tab at the bottom on the screen
- Click 'Start Question' button in the 'Skills' Section
- Tap 'Next'
- Agree to privacy consent
- Tap 'Start questions' and fill out 21 questions
- Track your result and progress in the 'Journey' section of the 'Profile' tab

To keep track Fika recommends completing your mental fitness profile on a regular basis (i.e. every 2 to 4 weeks, or before or after completing a course).

## Accessing your @caw.ac.uk email address for students...

If you haven't already, you will need to log into your @caw.ac.uk email address to allow you access to Fika.

Student email addresses are all set as the student's surname followed by your six digit Moodle number, eg: surname123456@caw.ac.uk

Visit the following website to register your @caw.ac.uk email address <https://login.microsoftonline.com/>

## Stay up-to-date

To keep informed on further Fika news, keep an eye on The College of Animal Welfare's socials and our [blogs](#) for updates!

**We look forward to using this platform as a valuable resource for staff and students to weave into our lives!**

 The College of Animal Welfare

