

Mindset Matters



DO YOU SEE THE
GLASS AS
HALF EMPTY
OR
HALF FULL?

To improve well-being, people must believe they can make a change. Psychologists have found that the beliefs we hold regarding our abilities and potential are predictive of future outcomes such as well-being.

Having a positive outlook, despite challenges before you, can have a dramatic increase in well-being. Identifying negative thoughts quickly and turning them into something positive is a skill and a mindset to strive for.

Learning new skills isn't the only reason to focus on developing a better mindset. Your mindset affects everything you think about, which can have a big impact on your life. For instance, research shows you could recover more quickly from an illness simply because you believe your actions will affect the illness.

In subsequent sections of this toolkit, you will find evidenced based mental health resiliency tools that you can incorporate into your daily life to create reserves of well-being to later draw upon when times get tough. They include but are not limited to: Kindness, Gratitude, Finding Your Flow, Social Connectedness, Meaning, and Accomplishment.

Fixed Mindset

Avoids challenges | Rejects criticism and is hurt by negative feedback | Expects reward without effort | Lets setbacks derail them | Gives up easily | To fail once is to fail completely.

"I'm no good at this"
"Why should I bother"

Growth Mindset

Embraces challenges | Accepts criticism & negative feedback as constructive | Equates reward with effort | Persists in the face of setbacks | Never gives up | Learns from failure.

"Talent is developed"
"What more can I do"

Mindset is what orients an individual to a set of associations and expectations.

There are two types of mindsets: **Fixed and Growth.**

Each mindset has their own way of dealing with delays or setbacks.

TOGETHER WE CAN *build a better future!*