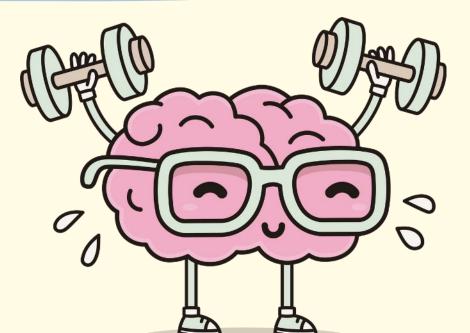


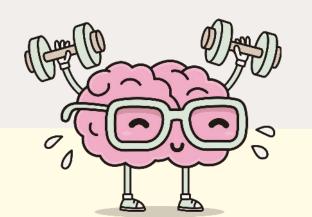
Welcome to our fifth topic of the Mental Health Matters Series: Mindset



What is Mindset?



Your mindset can impact your **PHYSICAL & EMOTIONAL** well-being in helpful and unhelpful ways.



Growth vs. Fixed Mindset

Growth Mindset

Intelligence and talent can be developed

Challenges are approached with excitement

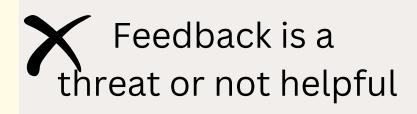
Feedback is an opportunity to learn

Thinking in shades of grey

Fixed Mindset

X Intelligence and talent are static

Challenges are avoided



K Black or white thinking

Parents and caregivers can support a growth mindset.

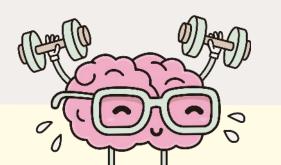
Model a growth mindset by approaching challenges with optimism

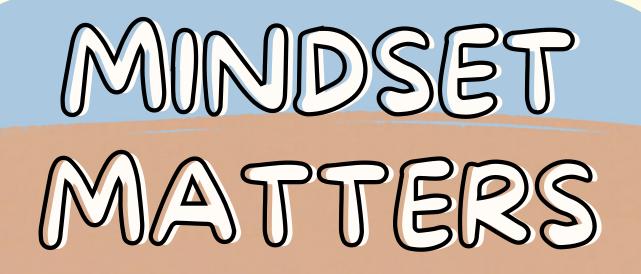
Avoid labeling your child: "smart" "lazy"

Praise your child's process of learning and growing instead of focusing on the outcome: "I noticed you worked hard on …"

Normalize making mistakes - speak positively about the mistakes you have made and what you have learned as a result







Join us next week: Connection Matters

Content Created By

Tara Allert. Edg. LPC. SAC

Gundersen Health System Therapist