

Mental Health Matters Series - Topic Five

MINDSET MATTERS

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



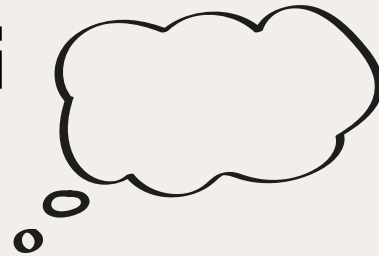
What is Mindset?

Mindset includes your

THOUGHTS

&

beliefs



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

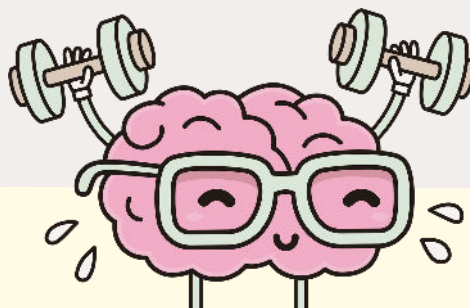
Fixed Mindset

- ✗ Intelligence and talent are static
- ✗ Challenges are avoided
- ✗ Feedback is a threat or not helpful
- ✗ Black or white thinking

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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



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Join us next week:
Connection Matters

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