

Building resilience and sustainable wellbeing



Understanding your mindset

According to creative thinking expert Michael Michalko, “the way you see things defines your world.”

And it rings true - how you perceive situations shapes the way you react. Regardless if it's positive or negative, our mindset defines what we do next, how we do it and why.

The good news is that a person's mindset is not unchangeable. In fact, research shows that there are several pillars that we can work on to help redefine how we see the world. By investing in these areas, we can significantly improve our outlook and directly shape the results of our decisions.

THE GROWTH MINDSET

Carol Dweck and Susan Mackie's research on Growth Mindset has transformed how we think about our traits and behaviours. Their work shows that our abilities and perspectives aren't fixed. They can grow and evolve with consistent effort and commitment. Over time and with genuine dedication, the way we see ourselves and the world can fundamentally change.

Do you think you have a Growth Mindset or a Fixed Mindset? Why?

What goals do you have in mind that would benefit from a new mindset? Why?

Nurturing your growth mindset

Neuroplasticity, psycho cybernetics, grit and growth mindset research shows that we have the ability to change the way we view the world. Therefore, we have the potential to shift beliefs and habits that no longer serve us.

These three key elements are important in changing your mindset:



PERSISTENCE



RESILIENCE



EFFORT

What are your goals when it comes to your wellbeing?

FIXED MINDSET

My intelligence, personality, and character are set in stone. My level of intelligence cannot be changed.

I need to know what I'm doing in every situation. I must be able to prove myself and my abilities over and over again.

I am a failure when things go wrong.

Why should I put in effort into things I am not 100% guaranteed to achieve? Is it even worth it?

Feedback isn't that important. Only I know how to do my work.

Other people's successes makes me feel like a failure.

GROWTH MINDSET

My intelligence, personality and character can be developed. I won't know my true potential unless I try.

I can take risks and test the waters. Every moment, whether win or lose, is a learning opportunity.

When things go wrong, I understand I may have done something incorrectly. I can apply what I learned the next time.

These challenges are opportunities. Setbacks are only temporary.

Learning is part of growing. I can adopt strategies to further support how I do things.

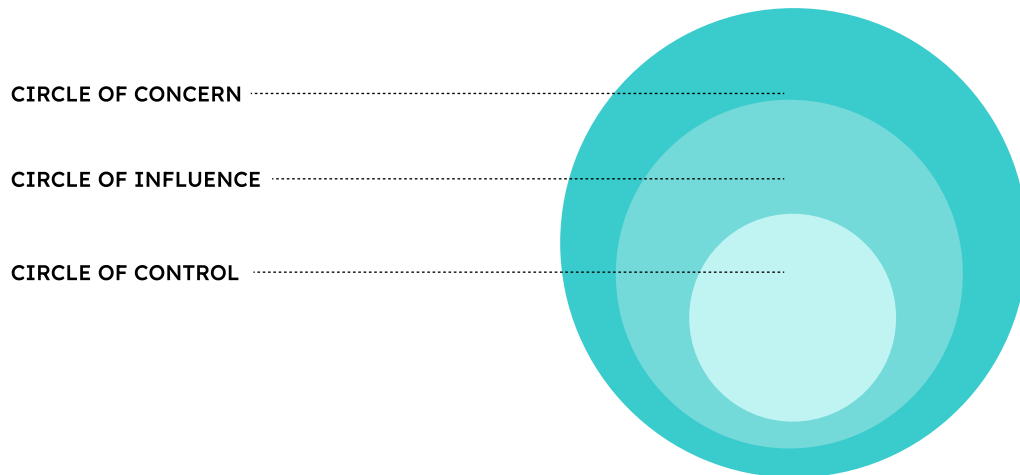
I can request feedback from others and see how I too can be successful in my role in my own way.

Control what you can, release what you can't

In today's fast-paced, high-pressure world, it's easy to get caught up in the race to meet every expectation and deliver on every responsibility. No matter the stakes, we all strive to succeed and with that often comes a deep urge to control outcomes or, at times, a sense that life is slipping out of our hands.

By taking a moment to slow down, reflect and build greater self-awareness, you can take ownership of your thoughts and actions, becoming the author of your life the way you see fit.

COVEY'S CIRCLE OF CONTROL AND INFLUENCE



1 Circle of Concern

These are things that play on your mind and can cause a sense of concern or worry. Although these are elements that can affect you directly, you cannot influence it to change.

Essentially, whatever occurs in your Circle of Concern is out of your control and this therefore not your responsibility. Here are some examples:

- Other people's beliefs and words
- Their mistakes, actions and the consequences
- Ideas, decisions and choices

2 Circle of Influence

The Circle of Influence covers outcomes that are not under your control but may still be influenced. Decisions can be swayed a certain way through role-modeling, inspiring or influencing.

3 Circle of Control

This is you – your words, your behaviour, your actions, your efforts, your ideas and consequences that result from the choices you make. Because these are fully within your control, they are also fully your responsibility.

Mindfulness & the power of breath

In practising mindfulness, we give ourselves the opportunity to be in the present moment and see our thoughts, feelings and bodily sensations with no judgment. It heightens our awareness of our tendencies, making us in tune with how we actually respond to situations.

Breathing techniques are a great way to tune ourselves into mindfulness. Here are some steps to help you get started:

4, 7, 8 Breathing

- ① Breathe in for the count of 4
- ② Hold your breath to the count of 7
- ③ Exhale completely for the count of 8

Reflection and Gratitude

Things might not always unfold exactly as we hope and that's okay. Amid setbacks, there are still moments of progress, joy and growth that are worth noticing. Take a moment to pause and reflect on what's going well, what you're proud of, and what you're looking forward to. Gratitude often lives in the small wins we tend to overlook, especially when we're focused on what didn't go to plan.

Write down three things you are grateful for.

Why are they meaningful to you?

Self care is not selfish

Meditation and mindfulness are great tools that can help shift your thought patterns, break unhelpful habits and create healthier practices.



HOLDING SLEEP
SACRED



MAKING TIME FOR
MINDFULNESS
AND MEDITATION



EMBEDDING
EXERCISES AS
A DAILY HABIT



CREATING
OPPORTUNITIES
FOR LAUGHTER



BRINGING
AWARENESS TO
YOUR BREATH



MAKING TIME FOR
PLAY AND
CREATIVITY



EATING CLEAN
AND HEALTHY
FOOD



SPENDING TIME
IN NATURE

What other self care practices do you think will work best for you?