

# Positive Minds; Online Week 5

## Going Forward

For week 5 we will learn about 4 Values that will help you moving forward. These will include

- Having A Growth Mindset
- Setting Smart Goals
- Talking about Mental Wellbeing
- Self-Care

### Growth Mindset Examples

On the Task Sheets we discussed about Growth Mindset and Fixed Mindset. Many celebrities or successful people have had a set-back during their career, but with a growth mindset they were able to improve and achieve more.



**Walt Disney** – Fired from his first job for lack of imagination. Now the founder of the biggest movie franchise!



**Jamie Vardy** – released by Sheffield Wednesday at 16, 10 years ago he was playing non-league football. Now a Premier League winner and England goal-scorer.



**J.K Rowling** was turned down by 11 publishers with the first Harry Potter draft. She is now worth £1.1 billion and increasing.



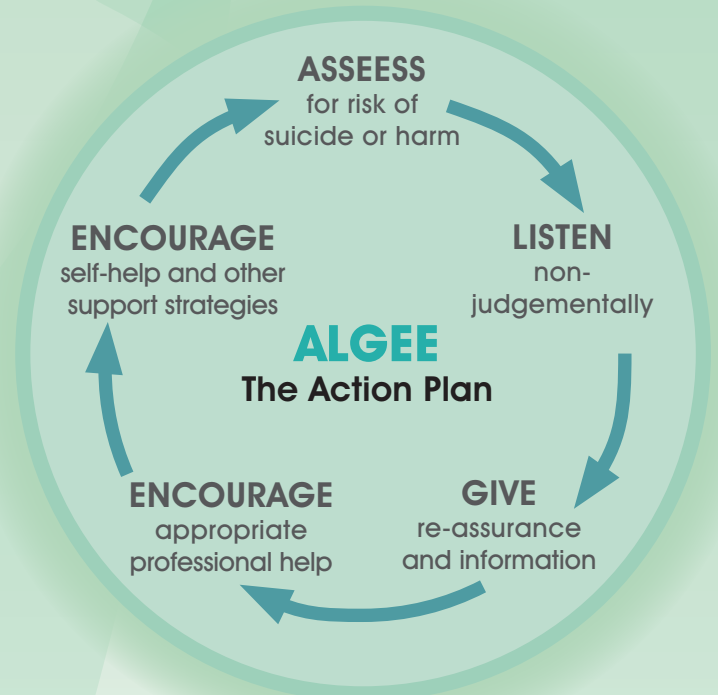
**James Dyson** – Created 5,216 vacuum cleaners before 1 even worked! He is now worth £4 billion.

### Talking

Talking about mental health is one of the most important things that you can do. Not only does it allow others to help you, but it can allow you to help them! Talking is one of the most important things that we can do for our emotional, physical, and mental health.

Not only does it show great strength and resilience, but it helps others to know when we need support. Talking to people who we trust can make us feel connected, happier and have a higher level of self-worth.

A Model to follow is the ALGEE Model.



### Self-Care

"Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse."

*(Mind 2020)*

**Going Forward** please use what you have learnt to empower and help yourself to have optimum wellbeing.

- Remember how you have shown resilience before
- Remember your coping strategies
- Remember your support network
- Remember how to achieve the 5 ways to wellbeing
- Remember your SMART goals

Also take what you've learnt and help to support others. This will tackle the Stigma around Mental Health by showing what you have learnt of what true mental health is.