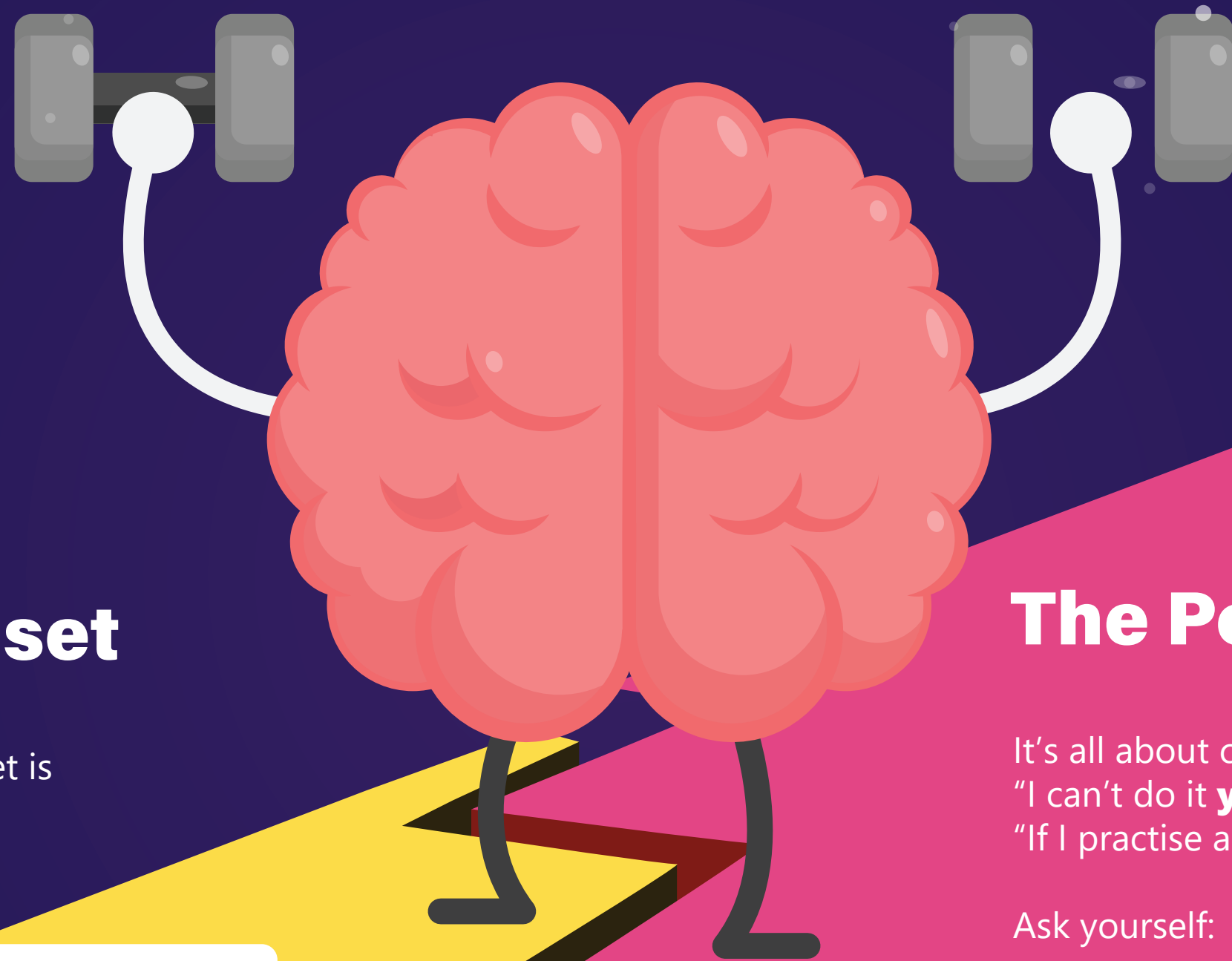


We Are All MIND MASTERS

The Brain is like a muscle.
When we face challenges our brain learns and grows.



Fixed Verses Growth Mindset

Recognising your own mindset is
the first step to changing it.

Ask yourself:

“Is there a way to grow from this?”

Physical Health Supports Mental Health

Momentum over motivation!

Ask yourself:

**“What is something small I can
do now that will make me
feel good tomorrow?”**

The Power of YET

It's all about changing your language.
“I can't do it **yet**”, “I don't know it **yet**”,
“If I practise and work hard, I **can**!”

Ask yourself:

**“What can I change if I add the
word 'yet' to something
I think I can't do?”**

Mindfulness - A Workout For Your Wellbeing

Your brain is working hard all of the time, so it's important to take
small, regular steps to de-stress.

Ask yourself:

“Have I drunk water recently?”
“When was the last time I went outside?”
“Have I had enough sleep?”
“Could I reach out to somebody I trust?”



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