

Managing your Mindset

Our wellbeing can be positively supported by our attitudes to the situations we face. The current environment provides an opportunity for us to focus on developing a growth mindset.

A growth mindset means you believe that your learning and intelligence can grow with time and experience. Whilst a fixed mindset, means you believe that your basic abilities, intelligence, and talents are fixed traits.



Problem

Schools are closed and students are learning from home

We all have to practice social distancing

We can't do activities in groups

There are many problems caused by COVID-19



Fixed Mindset

I can't learn if I can't go to school

I have to stay indoors and do nothing

I can't see my friends or do fun things

I can't help. The problems are too big for me



Growth Mindset

I can keep learning if I stay motivated and put in effort

I can find new ways to do things

I can stay connected to my friends if I put my mind to it

I can find a solution to the problems I am facing

