

# **GROWTH MINDSET**



**DURING A PANDEMIC**



**BY GREAT MINDS TOGETHER**

[www.greatmindstogether.co.uk](http://www.greatmindstogether.co.uk)

(c) Great Minds Together 2020

# What is a 'Growth Mindset'?

Having a 'Growth Mindset' means that you make a conscious decision to have a positive outlook on things. Instead of worrying about the bad things in life, you focus on how you can improve them.

Research has linked the growth mindset with tonnes of benefits, including:

- being comfortable with taking personal risks
- Having higher aspirations in life
- Enhanced brain development
- Lower levels of stress and anxiety

The whole world is currently going through a very difficult and stressful time. Throughout this pandemic we can use our Growth Mindset way of thinking to help us through.



# For example...

## INSTEAD OF THINKING...

1) I'm at home, stuck with nothing to do

2) I am going to catch this virus

3) I am going to run out of things whilst I am self isolating

4) Everything is going to shut down, the only thing to do is panic

5) I do not know what is going on and I don't know what's going to happen



## **THINK...**

**1) I get to spend lots of time with my family and home is the safest place I can be!**

**2) I can implement social distancing, wash my hands regularly and take all precautions. If I catch this virus, it's unlikely anything bad will happen to me!**

**3) I am prepared as I can be for this and can use what I have in the house wisely. I have everything I need for now.**

**5) I can't control the situation but I can control my actions. I can do things that I enjoy at home to keep my mind active.**

**4) All the important places are going to remain open. We can live without the rest!**



## **AND FINALLY...**

**If we try our hardest to remain positive and utilise our 'Growth Mindset' we can get through this challenging time together and be a stronger, more optimistic person because of it.**

**Why not write a list with all of the positive things about yourself that you can think of and put them in a jar. You can also write down all of the things you are thankful for and put them into a jar. Then when you are feeling low, you can then take one of the notes out of your jar and remind yourself just how amazing you are!**

**You could also write a list or create a jar full of the positive things about your parents, siblings and friends to help them through this challenging time too!**

**Remember, in a world where you can be anything... be kind.**



# GREAT MINDS TOGETHER



Great Minds Together



@GreatMindsTogether



@GreatMindsMCR

[www.greatmindstogether.co.uk](http://www.greatmindstogether.co.uk)