

## 2.1.2 (b) Tools to Support Social, Emotional and Intellectual Health

There are various tools and processes that individuals can use to promote social, emotional and intellectual health.

### Growth Mindset

Growth mindset is the belief that someone can learn and improve by way of a consistent culture of **high expectations** and **quality feedback**.

#### *Do you have a growth mindset?*

- You will think that intelligence can be developed.
- You will embrace challenges.
- You will persist despite obstacles.
- You will see effort as a path to mastery.
- You will learn from feedback, whether it is positive or negative.
- You will be inspired by the successes of others.

#### *...Or do you have a fixed mindset?*

- You might think that intelligence is static.
- You might tend to avoid challenges.
- You will give up more easily when faced with obstacles.
- You might ignore feedback.
- You will feel threatened by others' successes.
- You might find yourself not making an effort with tasks.

#### *You can change your own mindset!*

Some of the benefits of having a growth mindset is you will be **more confident**, it will **improve your self-esteem**, it **lowers the risk of depression** and it will **improve relationships**.

### Mindfulness

Mindfulness is an integrative, **mind-body based approach** that helps individuals better manage their thoughts and feelings and mental health. It involves paying more attention to the present moment – to their own thoughts and feelings and to the world around them.

### Mindfulness has many positive effects including:

- Decreasing stress
- Reducing anxiety
- Integrating emotions
- Relieving chronic pain
- Calming the emotions
- Increased immune function
- Lowers the blood pressure
- Lowers the heart rate
- Increases attention and focus
- Increases brain function
- Increases awareness



### Resilience

Resilience is an individual's ability to successfully adapt to life tasks and experiences in the face of social disadvantage or other highly adverse conditions, such as health problems, family or relationship problems, general worries such as work and financial worries.

*Some other ways of remembering what resilience means*

**Accepting own mistakes**

**Grit**

**Adaptability**

**Hardiness**

**Toughness**

**Perseverance**

**Dealing with failure**

**'Bouncing back'**