

**New Ways November 2022**

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Make a list of new things you want to do this month.	2. Respond to a difficult situation in a different way.	3. Get outside at least once this week.	4. Sign up to join a new team, club, or online community.	5. Change your routine: eat, drink, and exercise for yourself.	6. Try out a new way of being physically active.	
7. Be creative: draw, write, or make something new.	8. Plan a new activity to try out this week.	9. When you feel you can't do something, ask "the what-if?"	10. Be curious: Learn about a new topic or an inspiring idea.	11. Listen to a different genre of music and see what you like about it.	12. Find out something new about someone you care about.	
13. Find a new way to help or support a cause you care about.	14. Listen to a podcast or audiobook about something you care about.	15. Look at the things you own and see their potential.	16. Try a new way to practice self-care and be kind to yourself.	17. Connect with someone from a different generation.	18. Make a meal using a recipe or ingredient you've not tried before.	
19. Learn a new skill from a friend or online class.	20. Think of a new way to help someone you appreciate.	21. Get outside: try a new activity or walk in a new place.	22. Share with a friend something that's helped you succeed recently.	23. See one of your favorite movies or TV shows.	24. Try out a different radio station or see a TV show.	
25. Volunteer your talents: give, share, or donate something you love.	26. Try a new hobby, hobby, or game at home.	27. Look for new reasons to be grateful every day.	28. Share with a friend something that's helped you succeed recently.	29. See one of your favorite movies or TV shows.	30. Try out a different radio station or see a TV show.	

## DO YOU HAVE A GROWTH MINDSET ?

### CHANGE YOUR WORDS

### CHANGE YOUR MINDSET

#### GROWTH VS FIXED

I give up.	I'll keep trying.
It's good enough.	It's not finally my best work yet.
I made a mistake.	Mistakes help me improve.
I never get this.	With a little help, I can get that.
I'll never be as smart.	This may take some time and effort.
I can't make this any better.	What am I missing?



**MINDSET**  
IS EVERYTHING



I can't do this ..... **YET**  
I'm not good at this ..... **YET**  
I don't understand this ... **YET**  
It doesn't work ..... **YET**  
This doesn't make sense ... **YET**



Good morning lovely people,

I hope this Well-being Wednesday finds you looking after you in whatever way you need.

Today's email is about something I have been chatting to quite a few of our pupils about since the start of the academic term and thought I would include as a well-being topic. The focus I want to look at is all about "mindset" and how this can impact our mental health and sense of well-being.

So, what is a mindset? Well, your mindset is a set of beliefs that shape how you make sense of the world and yourself.

It can influence how you think, feel, and behave in any given situation.

This means that what you believe about yourself can impact success or failure and that's powerful stuff!

How are our mindsets created in the first place? Research reveals there are two primary sources: these being 'praising' and 'labelling', both of which occur in childhood.

Examples might be vocalising recognition of a child's talents labelling them as 'smart' for getting an A in a test, which can promote a fixed mindset, sending a message they either have the ability or they don't. (Focus on outcome)

Praise, however, emphasises the effort required and put in to accomplish a task. This creates a growth mindset which implies their success is due to effort, perseverance and strategy applied, of which they can control and improve over time. So not so much on the grade result but focusing on acknowledging how much time they dedicated to study and asking for help when they needed it. (Focus on Process and effort)

According to Psychologist Carol Dweck, there are 2 basic 'mindsets' - these are 'fixed' and 'growth'.

If you have a fixed mindset, then your beliefs about your traits and abilities can't change. On the other hand, a growth mindset, you believe that skills, learning and abilities can be acquired over time and never actually stay 'stuck'. These are achieved through persistence and effort.

Your mindset plays a critical role in how you cope with life's challenges. And that will also affect your mental health and sense of well-being.

Do we throw in the towel when things get tough, avoid situations if it's tricky or takes us out of our comfort zones? Or do we see difficult circumstances as an opportunity to reflect, learn and grow - Individually and with others too?

It might be good to ask yourself this to learn your own mindset and variety of responses in given situations.

The fact is, we can develop growth mindsets by focusing on effort not just results. It's about the process, rather than just the outcome and through persistence, willingness to have a go, face changes, with hard work and dedication, all leads to positive learning, self-awareness, personal development, and growth, both now and in the future.

On that note, I've included Action For Happiness latest calendar 'New ways November' for you to have a read through, please do take a look.

So, what's your mindset going to be today?

Well, I'll start..... just do your best because you are capable, and you got this! 🙌👍💪😊🧠🔄

#fixedvsgrowth #mindsetmakesadifference #bringitonwednesday  
#journeynotjustdestination #newdaynewopportunities #wellbeing  
#mentalhealthmatters