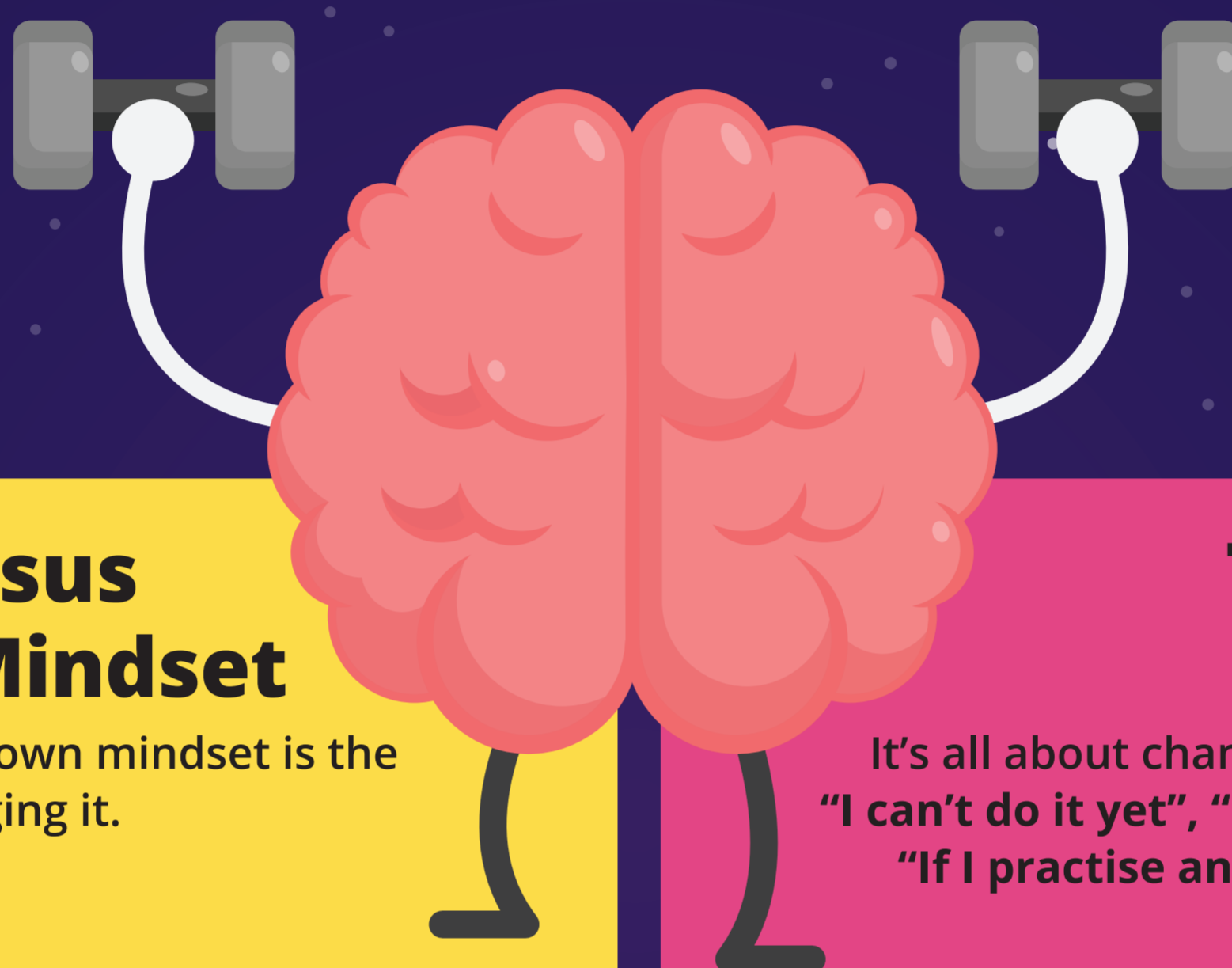


We Are All MIND MASTERS

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



Fixed Versus Growth Mindset

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

Ask yourself:

"What can I keep practising to get better next time?"

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?"

Physical Health Supports Mental Health

Every little bit helps!

Ask yourself:

"When was the last time I went outside?"

'Have I had enough sleep?'

'Have I eaten fresh fruit and vegetables today?'

Forget The Stress, Do Your Best

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

Ask yourself:

"What's something I can do to help me relax and feel calm?"

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