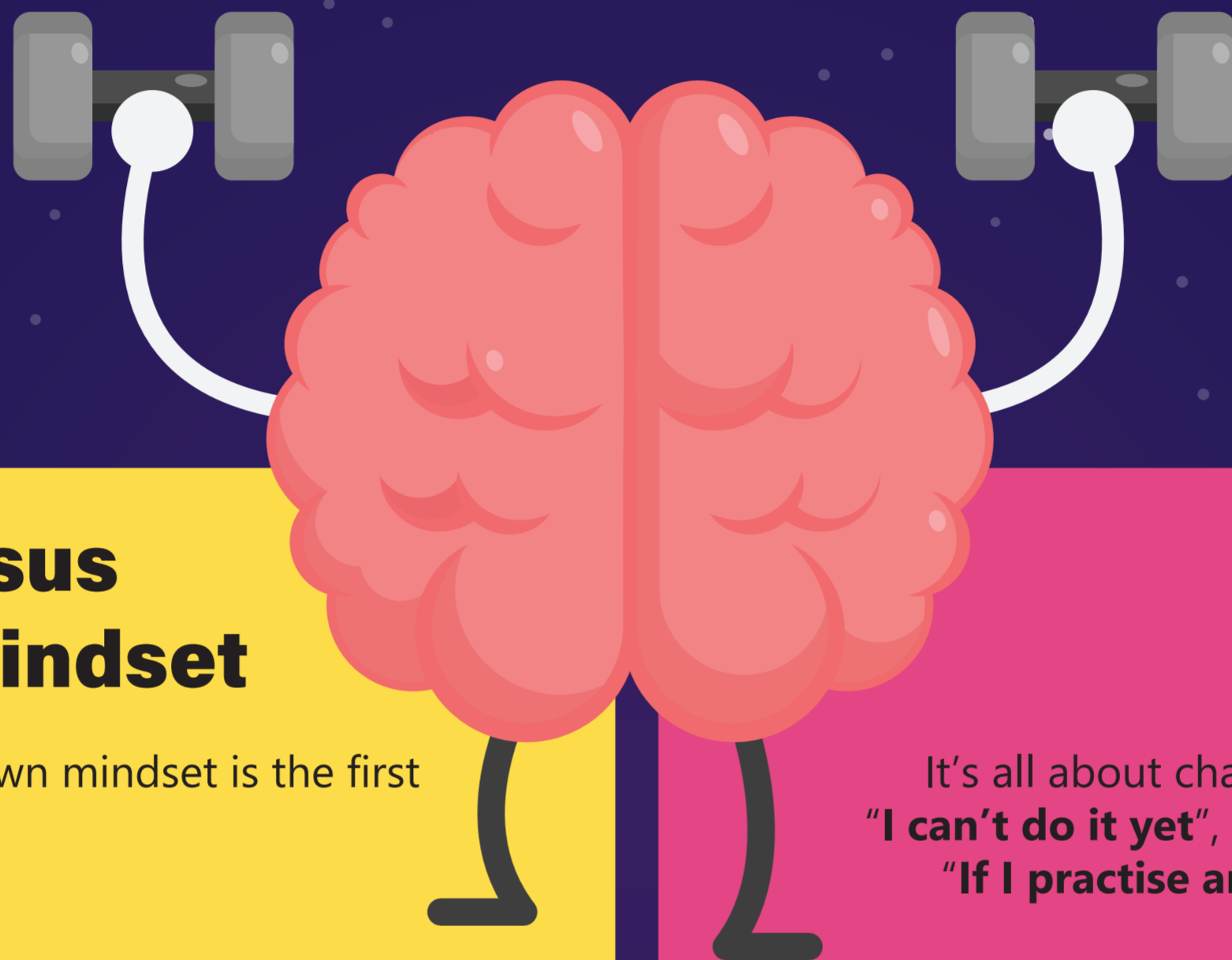


# We Are All MIND MASTERS

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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