

Mindset

if you can't change it, change the way you think about it

Mindsets are the thoughts we have that create our own unique perspective about ourselves and the world around us. Thought patterns that form mindsets can be weighted negatively especially in times of stress, pressure or disappointment. Humans are hard-wired to pay attention to negative thoughts and emotions even though we don't experience them as often as positive ones (although sometimes it doesn't feel that way). Although powerful and pervasive, negative thoughts are within our control.

People who adopt a **growth mindset** believe that their talents can be developed and that they can improve over time. They embrace challenge and are not discouraged by life's obstacles. Where is your mindset at? The power of believing that you can improve is valuable – check out a popular [Ted Talk](#) by leading researcher Carol Dweck on the benefits of growth mindset.

How will you choose to think?

Optimism as a style of thinking is an important approach to wellbeing and resilience. Being **optimistic** involves thinking positively about our goals and the future, and when obstacles occur in the pursuit of goals – optimists persist.

Optimists explain bad events as external and not their fault (i.e. the COVID-19 pandemic), unstable (i.e. time sensitive with an eventual end point), and specific (i.e. a one-off event). Thinking about your goals for 2020 with this approach will help you to move forward while building your own bank of positivity, wellbeing and resilience.

If you're interested in learning how to be more optimistic, check out [The Positivity Prescription](#) by Dr Suzy Green: a 6-week wellbeing program based on the science of positive psychology.

Social support – a key element of resilience

Social support is the quality people in your life who can provide emotional and practical assistance to help you manage challenging situations. Cultivating social support involves interpersonal skills that you can learn for example, empathy and being a good listener, being reliable, building a strong sense of self-worth and good assertive communication skills.

Being open and trusting of others can be difficult when we're feeling vulnerable. Practice asking for help and advice in small ways amongst people you care for and trust.

