Mental & Emotional Health Support

We continue living through challenging times filled with worries, fears, anxiety and uncertainty. During times like these it can be hard for us to maintain a positive mindset, however keeping a positive mindset will increase our overall wellbeing, health, and grit.



Some of the benefits of maintaining a positive mindset include increased selfesteem and confidence, lower stress levels, better psychological and physiological well-being.

Positive thinking Positive outcome

Below are some links to a video and worksheets to help you practice and adopt a positive mindset.

Video: <u>The science of gratitude</u> <u>Worksheets:</u> <u>Gratitude journal</u> <u>Growth mindset plan</u> <u>Self-awareness</u> <u>Positivity Apps:</u> <u>Happify</u> <u>Pozify</u> <u>Smiling Mind</u>



Staying positive doesn't mean you have to be happy all of the time.

It means that, even on hard days, you know that better days are coming.

** ТАСА