

## 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 self-esteem and confidence, lower stress levels, better psychological and physiological well-being.



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

### **Video:**

[The science of gratitude](#)

### **Worksheets:**

[Gratitude journal](#)

[Growth mindset plan](#)

[Self-awareness](#)

### **Positivity Apps:**

[Happify](#)

[Pozify](#)

[Smiling Mind](#)

