



POSITIVE MINDSET HACKS

AN OPPORTUNITY

The phrase "You have the chance to change the ending" is a powerful reminder that, even if you can't alter the past, you can still influence your future by taking action in the present.

Empathy Reframe

What would I say to a friend that was having these thoughts?

Facts Reframe

What are the facts? Is this a thought or a fact? Is there another explanation that makes sense?

Language Reframe

Can I use words that are empowering and supportive of me rather than critical?

Behaviour Reframe

What have I done that is in opposition to the thought that I am having about myself?

Context Reframe

Consider the bigger picture. Will this be still be as important in a week, a month, a year, 10 years?

RECONNECT WITH YOU

It can be easy to feel lost or stuck in our busy world and sometimes we need to reflect on who we are and reconnect with ourselves. Take some time to consider these questions:

- What kind of person do you want to be?
- How do you want to feel this week - e.g. calm, confident, or productive?
- What relationships do you want to nurture?
- When do you feel like the best version of yourself?

Now that you have reflected, are there any actions that you can take to feel more in line with your answers? Understanding our own values can help guide the choices we make and the actions that we take. For example, if you want to feel calm, getting your school bag ready the night before may help your morning to feel less rushed and stressful.

POSITIVE SELF-TALK

Negative Mindset

✗ This is too hard, I give up

✗ I made a mistake

✗ I don't know how

✗ This isn't working

✗ I'm not good enough

Growth Mindset

✓ I will persevere & keep trying

✓ Mistakes help me grow

✓ I can learn how & improve

✓ I'll try a different way

✓ I will put in my best effort



BUILD A SUPPORT SYSTEM

Surround yourself with people that 'light you up' rather than drain your energy. Make sure that you reach out when you need help and support, that is self-care.

Find things that motivate, inspire and uplift you including books, podcasts and music.

TALK TO SOMEONE

If things are feeling overwhelming or you need support, reach out and talk to someone

You may feel that you need help from a trusted adult. That could be someone at home, a member of school staff, social worker or a helpline. Text 'SHOUT' to 85258. Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support.

Focus on growth, not perfection.