

Parent Workshop

Happy Minds Healthy Futures Project

Promoting a positive mindset

Mindset

Key areas we will cover today:

- Exploring our own mindset and the way we view mental health
- Understanding the impact of negative thinking
- Switching negative thinking to positive
- The importance of a growth mindset
- The impact our own mindset has on our children
- Challenging a negative mindset in our children

How you treat yourself, forms the basis of your mindset



- ♥ Do you like yourself?
- ♥ Do you have confidence in yourself?
- ♥ Do you deliver on your promises?
- ♥ Do you think you are a good person?
- ♥ Would you create an act to cover up who you are?
- ♥ Would you keep someone like you as a friend?

We all have mental health which needs to be taken care of and addressed regularly.

It is when we have poor (ill) mental health that we start to feel as though we are suffering and need some professional support.

We need to change our mindset around mental health and normalise it so it becomes a positive within our lives.

When someone is in a negative place, anything they hear will be negative and if we ask them to speak, anything they say is likely to be negative?

Negative thinking causes a negative mindset

This is something we all engage in from time to time, but constant negativity can impact on your mental health, leaving you depressed and anxious.

"Negative thinking can seriously affect the way you think about yourself and the world and even interferes with work/education and everyday functioning"

Rethink Mental Illness



1/2 FULL?

1/2 EMPTY?

Either way the glass will contain the same amount.

However, the way you answer will represent your view of the world.

We don't have to be annoyingly optimistic but have trust in ourself and in our future.

Responding to life with hope, confidence and gratitude.



Maintaining an overall positive attitude:

- Improves wellbeing
- Builds stronger stress management capabilities
- Minimises depression and anxiety
- Gives better immunity
- Boosts cardiovascular health

Do you talk to your child about their future?

FIXED MINDSET

V

GROWTH MINDSET

That's it I give up

I always get it wrong

I am stupid

I'm no good at this

This is too hard

I can't do it

I will try another way

Mistakes help me learn

I am learning all the time

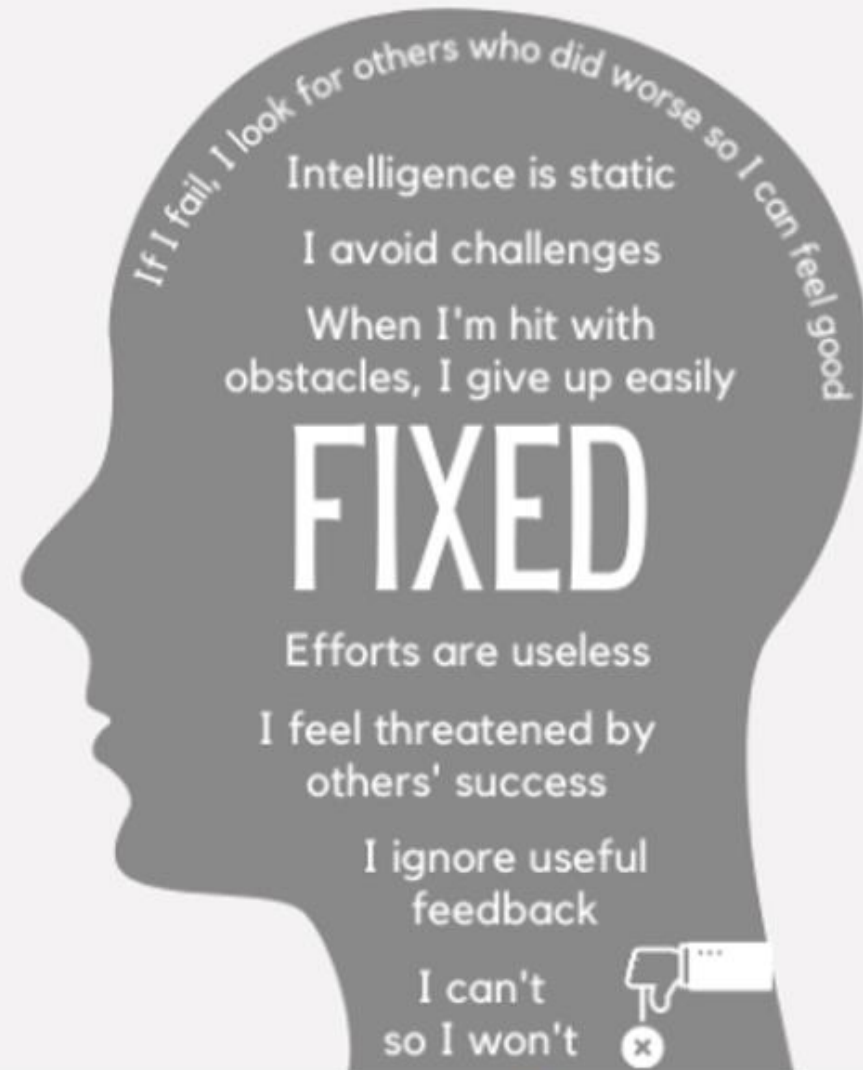
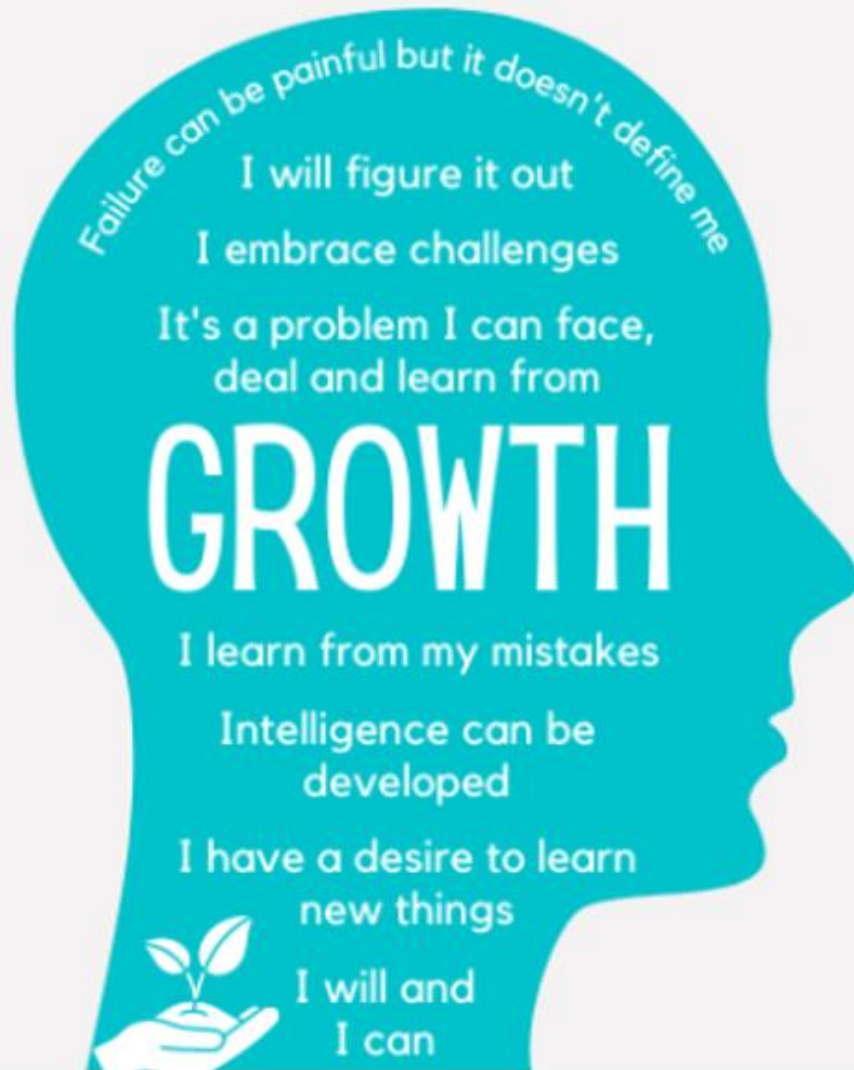
What am I missing?

This may take me some time but I'll get there

I don't know how to do this yet

I'm just a born worrier. My mam was a worrier.

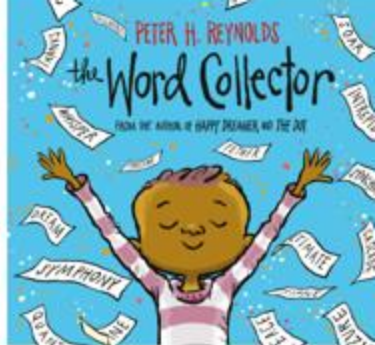
Growth Mindset vs. Fixed Mindset





Positive Self-Talk

Mindset is to do with what is happening within our minds which is why exploring our self-talk is important.



- ✓ It's important to explain to children what their inner-voice is and to talk to them about how that voice sometimes isn't a nice friend.
- ✓ A big part of growth mindset is teaching children that if they change their words, they can change their mindset.
- ✓ If you notice that they are feeling frustrated, or they want to give up, teach them how to swap out negative thoughts with more positive ones.

The Power Of Yet

Children develop at different paces which means lots of frustration if someone of a similar age can do something they cant.

- ✓ We want to avoid them internalising the “can’t” and then give up.
- ✓ We need to help them foster that it doesn’t mean they won’t be able to do it in the future.
- ✓ Utilise the power of YET which is a magical growth mindset strategy.

Whenever a child says to you they can’t or don’t, remind them to add YET to the end of the sentence.

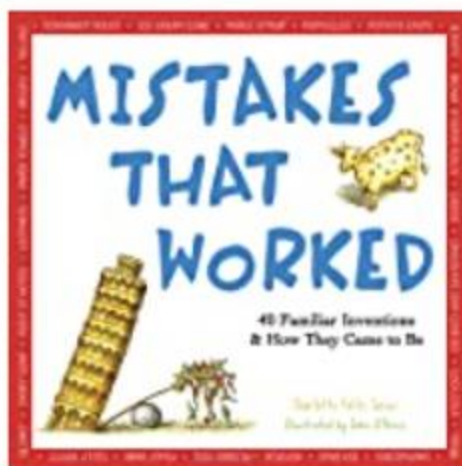
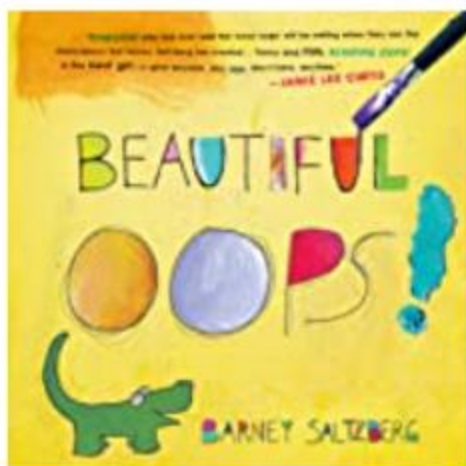


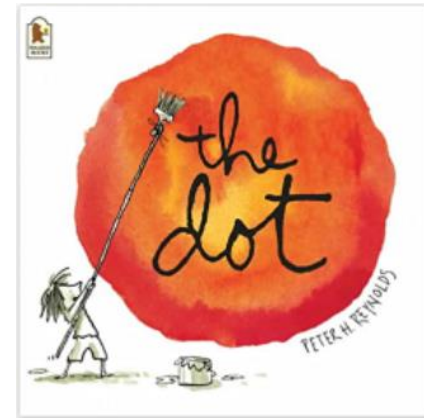
Embrace Mistakes



One of the best ways to model growth mindset is to own your own mistakes.

This normalises that taking risks and making mistakes are a natural part of the learning process.





Challenging *the Mindset*



Label Negative Thinking



First, we want to help a child identify a thought as negative or positive.

The best way to do this is with **simple sorting activities**.

- 1) Write down negative and positive thoughts on pieces of paper
- 2) Label each bag with negative thinking and positive thinking
- 3) Take turns drawing different thoughts and deciding whether they are negative or positive

STRATEGIES

Mindful minute

When negative thoughts come into your mind fast we can slow them down. Close your eyes, take a deep breath in and then imagine blowing all your negative thoughts out.

Boss that thought

Be the boss of your negative thoughts. When your thoughts are too negative, tell them why they are wrong. Tell them another way to look at the problem. You are in charge of your thoughts! They are not in charge of you.

Be kind to yourself



Sometimes those negative thoughts are really mean!
Make sure you are being kind to yourself just like you would to be to someone else

Throw them away

- Write out or draw your negative thought
- Crunch the paper into a tight ball
- As you crumple it up imagine your negative thought being thrown away

**Why are you being so unkind to yourself?
You wouldn't treat someone else like this.**

Box them

- Write out or draw your negative thought
- Draw a box around it
- Cross your box out



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Write down or share at least three things that you are taking away to try in the next few days?

