**Great Falls College MSU**

**Mindset & Emotions**

**for Academic Wellness**

**Growth Mindset:** believing that my

abilities can be developed

through hard work, dedication,

good strategies, and input

from others

Growth Mindset Strategies

1. View a new challenge as a

new opportunity

1. Prioritize learning not approval
2. Enjoy the learning process
3. Look at the big picture
4. Choose to learn well
5. Realize mistakes are OK
6. Learn from the mistakes of others
7. View constructive criticism as beneficial
8. Cultivate perseverance and passion for my long-term goals

10. Set a new goal for every milestone I achieve

11. Realize it takes time to succeed

\*Growth mindset = Achievement

**Emotion:** a mental reaction derived from my circumstances, mood, or relationships and is typically accompanied by body and behavior changes

Stress: a normal human reaction to changes or challenges

* Stress can be beneficial or harmful
  + My reaction to stress is key

Stress reduction techniques to try:

1. Physical activity (see ‘Movement Break’ handout)
   1. Running, walking, yoga, stretching, … the options are endless
2. Mindful breathing or other mindfulness activity
3. Sleep
4. Prayer
5. Journaling
6. Apps: Calm, Headspace, Aura, Simple Habit, Stop Breath & Think, Take a break!, Meditation Timer, Smiling Mind, MINDBODY Connect

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