

November MindUp Challenge

There are many unforeseen circumstances that can arise when you least expect it. When thinking about what gives me strength to tackle the obstacles that can occur throughout my life, I think about the 5 main things that I always do to make me feel more settled.

1. Practice labelling your emotions.

Putting a name to your feelings decreases their intensity. So whether you're feeling sad, anxious, angry, or scared, acknowledge it--at least to yourself.

2. Establish healthy ways to deal with uncomfortable emotions.

Naming your emotions is only part of the battle--you also need skills to regulate your emotions. Think about your current coping skills.

3. Identify and replace unhealthy thought patterns.

The way you think affects how you feel and how you behave. Thinking things like, "I can't do this," robs you of mental strength.

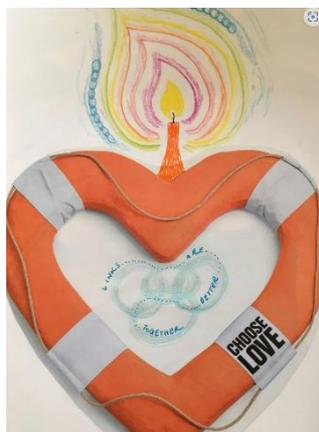
4. Take positive action.

The best way to train your brain to think differently is by changing your behaviour. Do hard things--and keep doing them even when you think you can't. You'll prove to yourself that you're stronger than you think.

5. Give up the bad habits that rob you of mental muscle.

All the good habits in the world won't be effective if you're performing them right alongside your unhealthy habits. It's like eating donuts while you're running on a treadmill.

Miss Shah





What gives you strength? In this month's MindUp Challenge you will be reflecting on what gives you strength. This activity will help with discovering what lights you up; sparking the confidence to use your strength throughout your obstacles.

Activity

Imagine the light of a candle.

Draw a picture of your candle that you just imagined.

Create the light shining around your candle.

Think about what helps to give you strength or lights you up.

Decorate your candlelight inspired by these things. You can use your choice of symbols, colours, patterns, images, and words that remind you of things that give you strength

