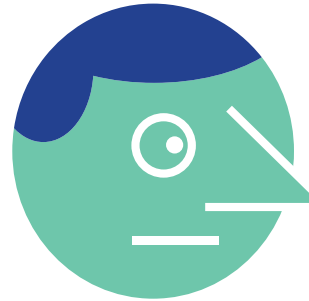
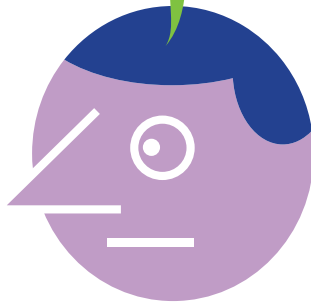


Wellness and Resilience Strategies: Mind



Growth Mindset Fixed Mindset

Growth Mindset is having “the passion for stretching yourself and sticking to it, even when it’s not going well.”



“The Fixed Mindset does not allow people the luxury of becoming. They have to already be.”

From Dweck, Carol (2016). Mindset. Ballantine Books, New York, NY.

What examples can you add below to help us understand Dweck’s Growth Mindset?

TOPIC OF MINDSET	FIXED	GROWTH
View of clients’ challenging behavior	Once challenging, always challenging	Behavior represents opportunity to learn a skill or solve a problem
Use of strategies in providing care	If I have tried it before and it didn’t work, I am not happy about being asked to try it again	I can learn more about the strategy and apply it in a new setting