

MINDONESIX

Lesson 1.3

Self-Care, Resilience, & Growth Mindset



Being Resilient

Resilience

- The ability to withstand adversity and bounce back from difficult events.
- The capacity to recover from challenges and setbacks.
- When we are resilient in our lives and don't give up, we allow others to do the same thing. It's called Hope.

Hope

- It's in these small moments we can learn to connect with the environment and people around us by being the difference this world needs.
- **How can you inspire others to be hopeful?**

Think, Pair, Share

- Why is practicing self-care during challenging times important? How do you remain resilient during challenging times?

Workbook Activity (page 7)

- There is value in telling your story.
- We all have been resilient in our lives at one point or another. Like the waves in the ocean, we can't control every situation that happens in our lives and that's why being resilient is important.
 - **Write in your workbooks about a time when you were resilient.** Share with partners and then discuss as a class.



Closing Thought

**“Your mental health is everything.
PRIORITIZE it.
Make the time like your life depends on
it, because it does.”
— Mel Robbins**

