

Let's



MOND

Matters
Journal

YEAR 11

Name

Wellbeing • Courage • Community

TERM 2 WEEK 1 Resilience



Resilience is our ability to manage adversity effectively.

Key Vocabulary

Adversity is a difficult or unpleasant situation.



Resilience is important because we face challenges and adversity every day. The ability to cope and recover is crucial for mental and physical health, professional success, and overall wellbeing, as it allows people to face setbacks, maintain confidence and build strong relationships.

Shame Vs Resilience



Shame can stop resilience in its tracks. Shame grows in places where there is:

SILENCE
SECRECY
JUDGEMENT



Empathy is the solution!

Everyone faces challenges, *everyone* loses, *everyone* fails. The moment we accept this and talk openly about our challenges is the moment that shame is transformed into courage and resilience.

I am struggling with this.

I need some help.

What is shame?

KEY VOCAB

- empathy
- resilience
- flawed
- adversity
- shame
- secrecy

How does shame impact resilience?

TERM 2 WEEK 2 Emotions

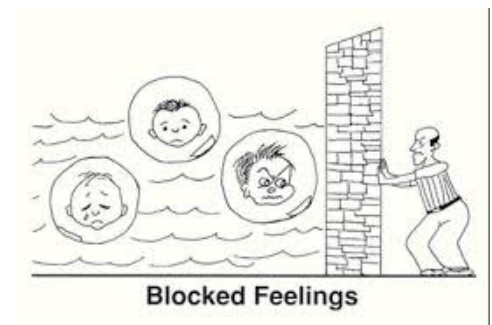


Identify why suppressing emotion is harmful in each situation.

Scenario	Why is it harmful?
1. Two weeks ago, Chloe forgot Ben's birthday. Then she cancelled a lunch at the last minute. Ben was feeling frustrated but didn't say anything. Yesterday Chloe called Ben to say that she couldn't make their weekly tennis match. Ben started shouting and then hung up the phone.	
2. Dave knows he has to start studying for his accountancy exam. He keeps trying to suppress the feeling but it keeps coming back and each time it returns he feels more stressed.	
3. Clara does not like her job. She gets home every night feeling stressed and anxious. Instead of talking about her problems, she drinks a bottle of wine. This helps her to forget about work.	

Managing Emotions

Managing emotion is a balance. You don't want to suppress emotion but you also don't want to react without giving yourself time to think. The key is to **accept and respond**. Accepting and responding to an emotion entails noticing its presence, embracing it and then tuning into what it's trying to tell us. The key is to use the emotion as a messenger to help inform our next decision.



Why do people suppress emotion?

KEY VOCAB

- suppressing
- disproportionate
- connection
- shallow
- messengers
- outbursts

Why is it harmful to suppress emotion?

TERM 2 WEEK 3 *Embracing Failure*



The Bamboo Tree

When Amina moved into her first house, she wanted to grow a bamboo tree in the garden. She had to find a sunny place with moist, well-drained soil. Amina found the perfect place and planted the seeds. Amina was not just a bamboo tree planter, she was also a trainee at the local newspaper. She was desperate to be employed but the editor had explained to her that a job was no guarantee. "We will see how things go," the editor said.

Amina loved the life of a journalist and enjoyed supporting the journalists write their stories. She watched and listened to everything they did so that she could learn what it took to be a professional. Every morning and evening, Amina walked down to the garden to check on her bamboo tree. Although there was no progress, she watered the tree diligently.

The month of July was a disaster for Amina. Firstly, her tree showed no sign of growth but she also failed miserably on tasks set by her editor. Her first failure was breaking a company laptop, while conducting her first interview. The second was being told that her first article had too many errors to be included in the newspaper. The failures triggered lots of uncomfortable emotions and Amina was on the brink of quitting. On the last day of July, she walked down to the bottom of the garden thinking that both bamboo tree growing and the newspaper world were probably not for her. She kicked the ground angrily after she had watered the seeds.

August passed and although Amina did get an article included in the newspaper, there was very little more to report. She knew that her time as a trainee was coming to an end and she was starting to look for other jobs. Amina spent the next two years at different newspapers, working in different roles. She still enjoyed the trainee job but was starting to think about what else she could do. That night she walked down to the bottom of the garden. She couldn't believe what she saw. The bamboo tree had shot up and was nearly as tall as her! That night Amina invited her dad over to celebrate. She talked about her frustrations at work. He looked at the tree, smiled and said:

"Amina, your life is like the bamboo tree. Your efforts, even if they may seem fruitless now are not wasted. Your struggles are the roots that are growing deep and strong, preparing you for the great success that is yet to come. Just because you cannot see progress above the surface doesn't mean there isn't tremendous growth happening below. Your time will come, and when it does, you will soar just like the bamboo."

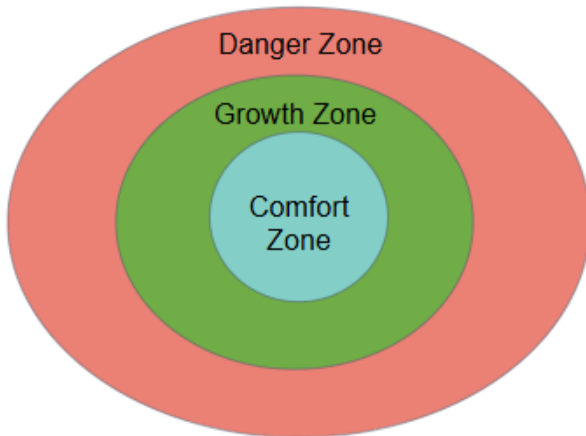
What does
success mean
to you?

KEY VOCAB

- trainee
- accomplishment
- perseverance
- patience
- foundation

What did you learn
from the story of
the Bamboo Tree?

TERM 2 WEEK 4 Growth Zone



Comfort Zone - a situation in which you feel comfortable and you do not have to do anything new or difficult

Growth Zone - a space where learning, development, and new skills are acquired through challenge and a degree of uncertainty

Danger Zone - an area where there is risk of harm

The Inner Critic

The part of your mind that produces negative self-talk, which can influence your emotions, thoughts and behaviours.

There are different versions of the inner critic and if not managed, they can keep everyone out of the Growth Zone.



The Perfectionist - tells you that unless you do things perfectly then there is no point in trying

The Underminer - focuses on your flaws and erodes your confidence so that you stay out of the Growth Zone

The Conformist - this voice can drive you to do things that don't feel right for you, just so that you can fit in

"You are confined only by the walls you build yourself." **Andrew Murphy**

"Life begins at the end of your comfort zone." **Neale Walsch**

What is the inner critic? List the three different versions.

KEY VOCAB

- inner critic
- perfectionism
- underminer
- conformist
- stagnate

Why is learning to tackle our inner critic important?



What I influence

What I control

Circle of Control

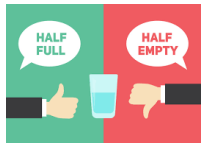
The Circle of Control is important because when facing challenges it is easy to let uncomfortable emotions push us to **overthink**. Once we have Pressed Pause and accepted the uncomfortable emotions, this model helps us to focus our attention on the things that we can control and not waste time and energy on things that we can't.



The different types of overthinking

Mind-reading

believing you know what someone else is thinking, often negatively, without much evidence



Mental filtering

focusing exclusively on the negative aspects of a situation while discounting the positives



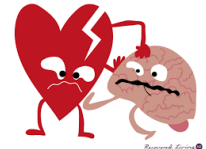
Catastrophising

magnifying a problem or event and expecting the worst possible outcome



All of Nothing Thinking

viewing situations in absolute terms, such as success or failure, with no room for a middle ground



Emotional reasoning

using one's feelings as the only proof of a situation's reality

Why is overthinking harmful?

KEY VOCAB

- overthinking
- emotional
- reasoning
- catastrophising
- mental filtering
- mind-reading

How can the Circle of Control help us to act in a resilient manner?

TERM 2 WEEK 6 *Taking Responsibility*



Key Vocabulary

Taking responsibility is acknowledging and accepting accountability for your actions and their consequences.

Examples

If your actions are hurtful to someone, you are willing to examine how to change

You accept blame and genuinely apologise when you're at fault

You avoid making excuses

If you or your team are failing, you don't ignore it, you proactively do something about it

Impact of not taking responsibility

Chelsea should have completed her science project this weekend but decided to spend time with her friends. Instead of taking responsibility, she told her teacher that the reason she didn't complete the project was that a family member was seriously ill.

Chelsea's lack of integrity made her feel guilt and negatively impacted her self-respect. She went to bed worrying that her teacher might find out that she had lied.

Benefits of taking responsibility

1. Fosters resilience
2. Develops integrity
3. Builds trust
4. Boosts performance



What does it mean to take responsibility?

KEY VOCAB

- integrity
- trust
- self-respect
- betrayed
- courage
- accountability

What is the impact of not taking responsibility?

Being Human Dictionary

angry

We feel angry when we think something unfair has happened.

anguish

Anguish is an almost unbearable swirl of shock, grief and powerlessness.

anxiety

Anxiety is when you have worried thoughts and physical changes like sweating and shaking.

awe

Awe is the feeling we get in the presence of something vast that challenges our understanding of the world.

belonging

Belonging is being accepted for who you are.

betrayal

Betrayal is when a person breaks the trust and faith of others that trust them.

bittersweet

Bittersweet is a mixed feeling of happiness and sadness.



bored

Bored is wanting to do something fun and not being able to.

boundaries

Boundaries are when you express what is ok and what is not ok.

brave

Brave is when we take a risk when we are not sure we will do well.

calm

Calm is managing life's challenges in a peaceful way.

cheerful

Cheerful is when you are full of good spirits.

compassion

Compassion is when we take action in the face of suffering and treat others with kindness.



confident

Confident means feeling sure of yourself and your abilities.

confusion

Confusion is when you cannot understand something.

connection

Connection is the energy between people when they feel seen, heard and valued.

content

Content is a feeling of completeness and appreciation when our needs are satisfied.

courage

Courage is making good decisions in the face of fear and obstacles.

curious

Curious is when we recognise a gap in our knowledge and want to close that gap.

defensive

Defensive is when someone tries to justify what they have said or done. This is often without listening to other points of view.

dehumanisation

Dehumanisation is when you make someone feel less than human.

disappointed

Disappointed is when something has not happened or because something is not as good as you hoped.

disgust

Disgust is when we see something that makes us feel sick.

down

Down is when you feel unhappy, sad and discouraged.

dread

Dread is when we look ahead to an event with worry.

embarrassed

Embarrassed is a brief feeling of discomfort caused by a mistake.

empowered

Empowered is when someone is made stronger and more confident, especially in controlling their life and claiming their rights.

enraged

Enraged is very angry or furious.



envy

Envy occurs when you want something that another person has.

excited

Excited is when you are very happy and energetic about something.

exhilarated

Exhilarated is when you feel full of joy, happiness and excitement.

fitting in

Fitting in is when you change who you are to be liked.

focused

Focused is when you put your attention on one particular thing.

freudenfreude

Freudenfreude is the enjoyment of another person's success.

frustrated

Frustrated is when you can't do something that you want to do.

gloomy

Gloomy is when you are showing or filled with sadness.

grateful

Grateful is the feeling of being thankful.

grief

Grief is the anguish experienced after significant loss.

guilty

Guilty is when you feel bad about something that you have done.

happy

Happy is when you feel joy or pleasure

hatred

Hatred is a very strong dislike for someone or something.

humble

Humble is not arrogant or thinking of yourself as better than others.

humiliation

Humiliation is when someone has been put down and they do not feel that they deserve it.

insecure

Insecure is when we do not feel confident about something.

inspired

Inspired is when you feel confident and enthusiastic to do something well.

invigorated

Invigorated is when you are filled with energy and strength.



invisible

Invisible is when someone is completely ignored.

jealous

Jealous is when you are afraid of losing someone's love or attention to another person.

joy

Joy is an intense feeling of pleasure and appreciation.

jubilant

Jubilant is feeling or expressing great joy.

lonely

Lonely occurs when we feel disconnected from family or friends.

nervous

Nervous is being worried or afraid about what might happen.



nostalgia

Nostalgia is a yearning for the way things used to be in the past.

overwhelmed

Overwhelmed is when someone feels an extreme level of stress to the point of being unable to function.

peaceful

Peaceful is quiet, calm and free from disturbance.

perfectionism

Perfectionism is when we try to do something perfectly to block feelings of shame.

perplexed

Perplexed is when you feel confused and worried about something because you do not understand it.

play

Play is when we do things simply because we enjoy them.

proud

Proud is a feeling of pleasure related to our accomplishments or efforts.

regret

Regret is when something happens that we did not want, which was caused by our actions.

sad

Sad is a painful feeling when we experience loss.

scared

Scared is when you think something bad is about to happen.

schadenfreude

Schadenfreude is pleasure derived by someone from another person's misfortune.

shame

Shame is when you do not feel good enough.

shy

Shy is when someone lacks confidence and is anxious, particularly in new situations.

stress

Stress occurs when we do not think we will be able to cope with a life challenge.

surprise

Surprise is when something happens that you are not expecting.

tense

Tense is when we are unable to relax.

thrilled

Thrilled is when you feel great excitement or happiness.

tranquillity

Tranquillity is when we feel no pressure to do anything.

trust

Trust is when you choose to share something important with someone else.

uncertain

Uncertain is when you are not sure of something.

vulnerable

Vulnerable is what we feel during times of uncertainty, risk and emotional exposure.

worry

Worry is a chain of negative thoughts about bad things that might happen in the future.



This journal gives you the space to make sense of the challenges of life. It is full of ideas that will help build your resilience and boost your wellbeing.

It is a book that, if used properly, will give you the tools you need to live a happy life that is full of possibility and adventure.