

Let's



MIND *Matters* Journal

YEAR 9

Name

Wellbeing • Courage • Community



OPENING
Young Minds

TERM 2 WEEK 1 Resilience



Resilience is our ability to manage adversity effectively.

Key Vocabulary

Adversity is a difficult or unpleasant situation.

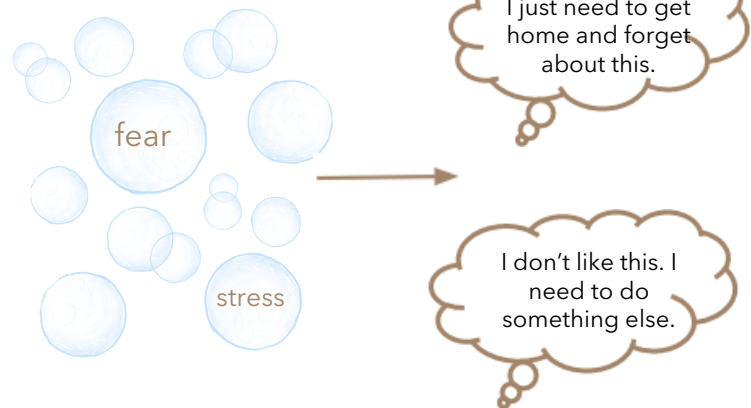


Resilience is important because we face challenges and adversity every day. The ability to cope and recover is crucial for mental and physical health, professional success, and overall wellbeing, as it allows people to face setbacks, maintain confidence and build strong relationships.

There are two ways to tackle life's challenges:



When faced with a challenge, uncomfortable emotions are triggered which can lead to unhelpful thoughts.



What are the two responses to a challenge?

KEY VOCAB

- resilience
- adversity
- suppression
- influence
- regret
- motivation

Why can hiding from a challenge be harmful?

TERM 2 WEEK 2 Emotions

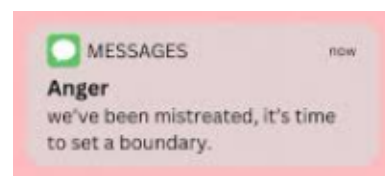


Read the scenario and emotion felt. Write down the message that the emotion is sending each person.

Scenario	Emotion	What message is the emotion sending?
1. One of Sharday's friends steals some lip gloss from the local shop. The group say it is now Sharday's turn to take something.	stress	
2. Tom gets home after a long day and Dad has cooked his favourite meal.	grateful	
3. Amy did not prepare for her maths exam and got the lowest mark she has ever received.	regret	
4. Simon is about to go to his first job interview.	anxious	



Every emotion is useful because they act as **messengers** to deliver crucial information about your internal state, needs and values. They are like an internal compass that can help us make well-informed decisions. The key is that we give ourselves time to **process** the emotion before acting.



How do our emotions links to our actions?

KEY VOCAB

- processing
- manage
- regret
- boundary
- asserting
- motivation

How does emotional processing help us to make resilient choices?

TERM 2 WEEK 3 Embracing Failure



As the image shows, success requires many things. Embracing failure is one of the most important recipes for success.



HELPFUL THOUGHTS ABOUT FAILURE

"Success is going from failure to failure without a lack of enthusiasm." **Winston Churchill**

"Failure is simply the opportunity to begin again, this time more intelligently." **Henry Ford**

"Failure is not the opposite of success; it is part of success." **Arianna Huffington**

When we fail, the amygdala (the brain's fear center) detects a threat and sends stress hormones like cortisol. This triggers uncomfortable emotions and unhelpful thoughts that can increase the chance of poor choices.



Failure is an uncomfortable place and can lead to actions that lack resilience including:



Avoidance



Self-criticism



Learned helplessness

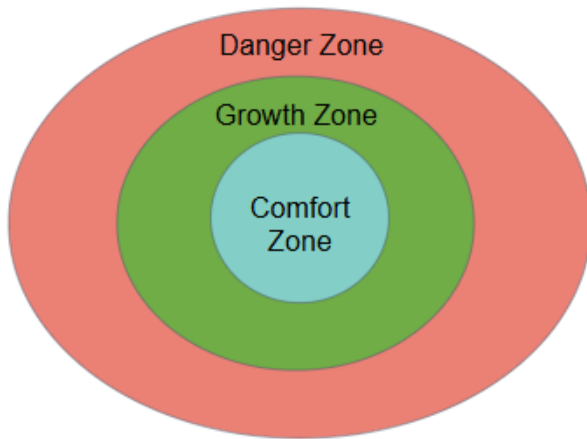
Why is embracing failure important?

KEY VOCAB

- hormones
- cortisol
- amygdala
- avoidance
- helplessness

What are the steps to embrace failure?

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

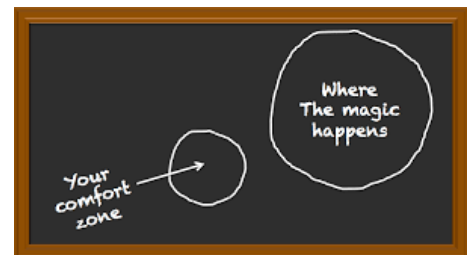
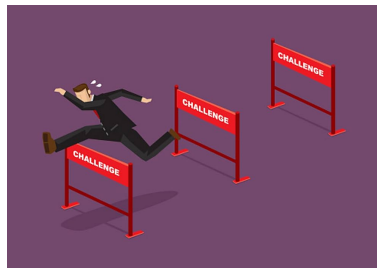
Danger Zone - an area where there is risk of harm

What are the benefits of the Growth Zone?

The Growth Zone expands the possible. It leads to learning and the development of new skills, which can provide opportunities.

A habit of getting into the Growth Zone equips people with the tools to manage life's challenges more successfully.

Striving for personal growth (getting into the Growth Zone) is a human need. Without it, there is a danger that life becomes boring and predictable.



Why should we get into the Growth Zone?

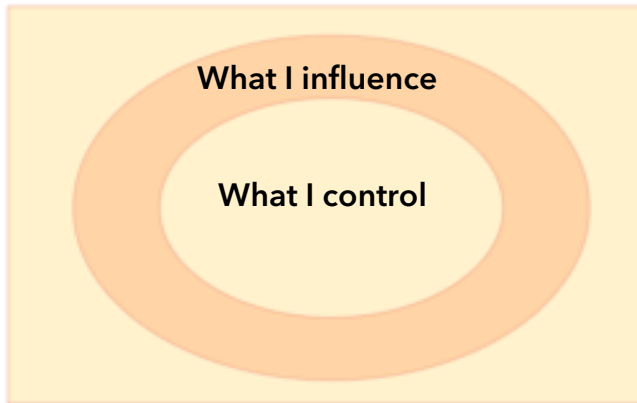
KEY VOCAB

- eustress
- leaning in
- reframe
- embrace
- threat
- need

What are the steps into the Growth Zone?



Circle of Control



A model that helps you focus your energy on what you can directly change. It is helpful because it encourages us to focus our energy on what we can change and let go of what we can't. By knowing this you can reduce stress and anxiety, build resilience and become empowered to act positively when faced with challenges.

Good thing? Bad thing? A Story About Acceptance

Annie was an excellent gymnast and was excited to perform at an important county competition. As Annie and her family travelled to the event, the car broke down. Annie couldn't believe it - she was desperate for her parents to get a grip of this situation so that she could get to the event on time. Annie's parents tried everything but the AA didn't arrive in time. Annie was devastated but once she had pressed pause, Dad said, "A good thing? A bad thing? Who knows?" Annie scowled at Dad as she stormed up the stairs. A few moments later, the phone rang. When Mum picked up the phone, she was told that because Annie missed the competition, she would be able to compete in the country championships later in the week. Annie was pleased about the second opportunity but Dad cut the celebrations short. "A good thing? A bad thing? Who knows?"

Annie performed well at the competition but fell off the pommel horse. This meant that she didn't qualify for the final but was in the Plate Final instead. Not qualifying for the final meant that Annie could not compete for one of the county medals. As Annie warmed up for the plate final, she looked dejected. Dad brought her a water bottle and said, "A good thing? A bad thing? Who knows?"

Annie didn't know it at the time but there was a national coach watching the Plate Final. Annie performed amazingly and because of her excellence in the Plate Final, the national coach invited her to a training camp in London. She returned to her family and her Dad was smiling at the news. You probably all know what he said...

How can the Circle of Control be helpful?

KEY VOCAB

- acceptance
- overthinking
- clinging
- dejected

What did Annie's story show about the importance of acceptance?

TERM 2 WEEK 6 Taking Responsibility



Key Vocabulary

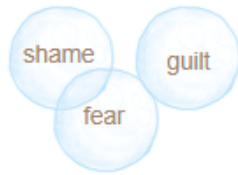
Taking responsibility is acknowledging and accepting accountability for your actions and their consequences.

What happens when we make a mistake?

We make a mistake



An emotion is triggered



We get an escape thought



We don't take responsibility



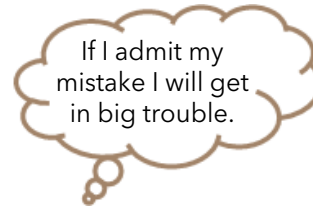
What fuels Escape Thoughts?

Fear: Fear of failure, judgment, punishment or negative consequences can make it easier to avoid responsibility.

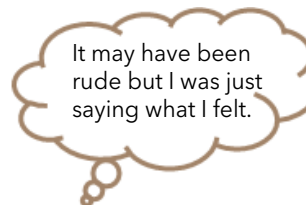
Perfectionism: High standards can make it painful to admit mistakes, as they are seen as major failures that contradict the image of perfection.

'Being real': A belief that saying something unthoughtful and unkind does not need an apology because you were just 'being real'.

Reframing Escape Thoughts



Taking responsibility can build trust, which is vital for developing positive relationships.



We need to process our thoughts and emotions to help us make resilient choices.

What happens to our thoughts and emotions when we make a mistake?

KEY VOCAB

- reframe
- perfectionism
- integrity
- self-respect
- courageous

Why is it important to take responsibility for our poor choices?

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 well-being.

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.