

## Developing a Stress Mindset

The infographic is split into two vertical panels. The left panel has a red background and contains a white star at the top left, followed by the text 'Change Your Mind(set)'. Below this, it lists negative stress perceptions: '-Don't think of STRESS as' followed by a bulleted list: 'a threat', 'a demoralizer', 'pressure', 'overwhelming', and 'debilitating'. It also lists '-Don't focus on problems' and '-Don't fight stress'. A red silhouette of a head is shown with a white thought bubble containing the word 'DON'T'. The right panel has a blue background and contains a white star at the top right. It lists positive stress perceptions: '+Do think of STRESS as' followed by a bulleted list: 'a challenge', 'a motivator', 'an opportunity', 'manageable', and 'energizing'. It also lists '+Do focus on possibilities' and '+Do embrace stress'. A blue silhouette of a head is shown with a white thought bubble containing the word 'DO'. The two head silhouettes are facing each other, with the 'DON'T' bubble overlapping the 'DO' bubble.

Think of something that is currently causing you stress.

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Remember times in the past that you overcame similar challenges.

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Think about the resources (both internal and external) that helped you overcome those challenges.

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On the other side of this page is an (incomplete) list of personal strengths. Identify the strengths you possess that might help you overcome your current challenges.

## Developing a Stress Mindset Positive Traits

Kind	Patient	Mature
Intelligent	Realistic	Focused
Hardworking	Honest	Courteous
Loyal	Generous	Grateful
Attractive	Modest	Open-Minded
Down-to-Earth	Serious	Positive
Goofy	Independent	Responsible
Creative	Trusting	Cooperative
Accepting	Resilient	Frugal
Strong	Cheerful	Tolerant
Friendly	Self-Directed	Innovative
Flexible	Reliable	Balanced
Nurturing	Relaxed	_____
Thoughtful	Listener	_____
Confident	Brave	_____
Optimistic	Decisive	_____
Respectful	Enthusiastic	_____
Determined	Forgiving	_____
Skilled	Humble	_____
Helpful	Sensitive	_____
Motivated	Organized	_____
Insightful	Selfless	
Funny	Practical	