

Adjusting your mindset

Being proactive in times of challenge



1

IT'S OK TO BE UPSET

It's normal and OK to feel a range of emotions when unwanted or unexpected events occur. Make space for this and allow time to process. You don't have to immediately 'get on with it'.

2

FRAME IT AS A CHALLENGE

Find a way to look at the situation as an opportunity in disguise. It may not be ideal, but instead of focusing on the "problem" try to look for the "challenge".

3

FOCUS ON CONTROLLABLES

Direct your attention and energy on the things you can do something about. Make a plan for what to work on while you can't work on other things. No matter how small, there is always something we can be doing.

4

LOOK FOR HIDDEN BENEFITS

Try to see if there are any positives in the situation (no matter how small or hidden they may be). Focusing on the things we are gaining helps us when we feel we have lost a lot.

5

USE YOUR SUPPORT CREW

As they say "no man is an island", you don't have to go through challenges alone. Speak to other people, get advice, reach out. Humans are programmed to live in tribes for a reason - we thrive on connection.