

Resilience in challenging times

Session 3

Mental thoughts



Growth Mindset



Meditation



Visualisation





Activity

Elvis Presley

WHY EVEN TRY?

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Meditation



Visualisation



Meditation

Can improve your health



Reduces
inflammation



Minimises
pain



Boosts your
immune
system



Reduces
cortisol
levels



Lowers
blood
pressure

Happy

Meditation

Can make you happier



Makes you feel more positive



Helps with depression



Reduces stress



Decreases feelings of loneliness

Productive

Meditation

Can boost your productivity



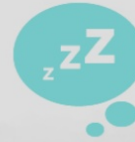
Improves
multitasking



Improves
memory



Makes you
more
attentive



Improves
sleep
quality



Boosts
your
creativity



Lengthens your
attention span

Social

Meditation

Can improve your social life



Helps to regulate your emotions



Makes you more compassionate



Increases social connectedness



Lowers anxiety

Mindfulness



Activity



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Visualisation



Visualisation



Positive self-talk



