Mental Health Moment

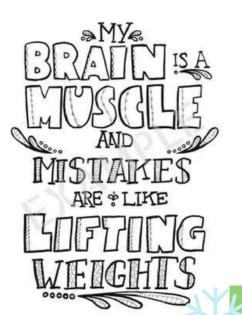


Presented by the Counseling Department

Grit
determines that life challenges
will neither defeat nor define us

gives kindness to ourselves and others even when it's hard

Give it your all Redo if necessary Ignore giving up Take time to do it right



<u>Grit</u>

What is "grit"?

Oxford dictionary
defines grit as "courage
and resolve; strength of
character". It is a
personality trait

Why is grit important?

This character trait
allows us to be
successful regardless of
how intelligent or
talented we are. This is
the "never quit"
mentality. 1

What can you do to improve your grit?
Challenge yourself to face problems head on.
Develop a deep sense of determination to achieve your goal. Don't give up!

Wishing all students and their families a very Happy Holiday Season!

How to:

1

Exercise integrity.

Own your mistakes.

Accept

responsibility for

your actions.

2

Be brave and take on appropriate challenges to grow as a person. Don't quit!

3

Have faith in your own ability to solve conflict, reach out for advice, and exercise your strengths.

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Inspiration





GRIT

grit

Grit is the mental toughness and passion that propels me toward achieving my long-term dreams and goals. It is the key to my ability to remain focused, steadfast, optimistic and self-motivated. Grit does not rely on exceptional courage or talent, but rather the willingness to make sacrifices when needed and to consistently work hard – really hard - in the pursuit of my vision for the future.

A MANIFESTO FOR RESILIENT LIVING

You gotta train your mind to be stronger than your emotions or else you'll lose yourself every time.

7 RULES OF LIFE

- Make peace with your past so it does not affect the present.
- 2. What others think of you is none of your business.
 - 3. Time heals almost everything, give it time.
- 4. Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
- 5. It's alright not to know all the answers. They will come to you when you least expect it.
 - 6. You are in charge of your happiness.
- 7. Smile. You don't own all the problems in the world.



YOU MAY NOT CONTROL ALL THE EVENTS THAT HAPPEN TO YOU, BUT YOU CAN DECIDE NOT TO BE REDUCED BY THEM.

MAYA ANGELOU

Sources: ¹ Baruch-Feldman, C. (2017, October 3). What is grit, and why is it important? Retrieved November 12, 2019, from https://www.newharbinger.com/blog/what-grit-and-why-it-important.

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