

# Mental Health Moment

Presented by the Counseling Department

*Grit*

determines that life challenges  
will neither defeat nor define us

*Grace*

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

**G**ive it your all  
**R**edo if necessary  
**I**gnore giving up  
**T**ake time to do it right

MY  
BRAIN IS A  
MUSCLE  
AND  
MISTAKES  
ARE LIKE  
LIFTING  
WEIGHTS

## Grit

### 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. <sup>1</sup>

### 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!

## 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.

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

## 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

### 7 RULES OF LIFE

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



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

MAYA ANGELOU

Sources: <sup>1</sup> 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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