



HEALTH & WELLNESS NEWS



HEALTH & WELLNESS CENTER

NEW SIGN AT THE HWC

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It's never too late to heal from addiction.

Have a courageous spirit. Reach out now, for you and your children.

GROWTH MINDSET

what is it?

We used to think that our intelligence was fixed - meaning we were either smart or we weren't. Scientists have proven again and again that simply is not true. Our brain acts like a muscle - the more we use it the stronger (and smarter) our brain becomes.

IS YOUR MINDSET FIXED?

A person with a fixed mindset may do these things:

- avoid challenges
- give up easily
- ignore feedback
- become threatened by other people's success
- try hard to appear as smart or capable as possible

WHAT DOES GROWTH MINDSET LOOK LIKE?

A person with a growth mindset may do these things:

- embrace challenges
- give their best effort
- learn from feedback
- become inspired by other people's successes
- believe their intelligence can change if they work hard

Grand Ronde Health & Wellness Center
 Behavioral Health Program
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Neuroplasticity

the science behind growth mindset



Our brains are composed of **86 MILLION** neurons **CONSTANTLY** firing

We think **60,000-80,000** thoughts every day

80% NEGATIVE **95% REPETITIVE**

STUCK IN A NEGATIVE PATTERN? Every time you have the same thought, you increase the chances of having it again!

BUT THERE'S Good News! **WE CAN REWIRE OUR BRAINS**

Habitual thoughts form **NEURAL PATHWAYS**

the pathways are like grooves


continue doing this to deepen the new grooves

Choosing positive thoughts can create new pathways

just like exercise



It takes practice and daily commitment



WEEKLY CHATS WITH THE PEDIATRICIAN!

Fridays from 1:00-1:45pm

JOIN US FOR A VIRTUAL Q&A SESSION WITH THE GRAND RONDE PEDIATRICIAN, ALLISON EMPEY

This will be a chance for anyone and everyone to ask questions regarding COVID, schools opening back up, prevention strategies and more! Allison will also be bringing specific topics to some of our meetings.

TO JOIN THIS MEETING GO TO ZOOM.COM AND ENTER THE MEETING ID: 985 3509 1471 AND PASSCODE: 882758