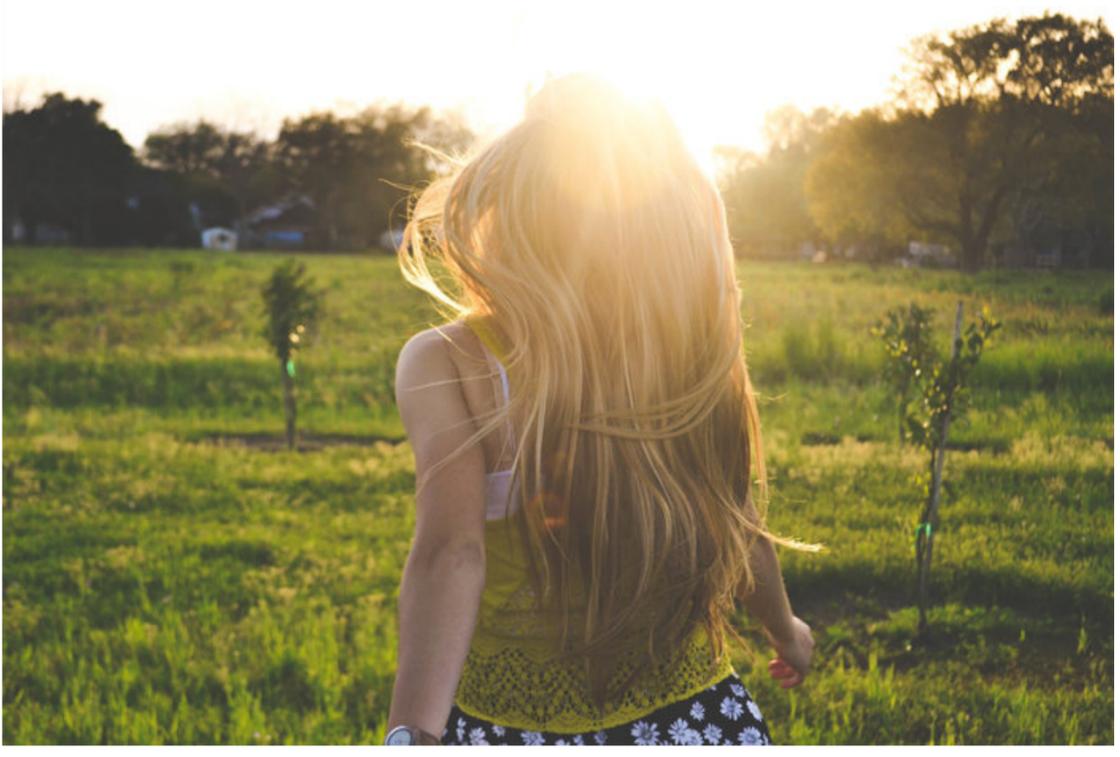


# JUNE NEWSLETTER

## Tips for Wellbeing



### PROFESSOR TAL BEN-SHAHAR

**Harvard Universities** most popular course is Positive Psychology, which was taught by Professor Tal Ben-Shahar. Here are some wellbeing tips I heard Professor Ben-Shahar discussing recently:

- **Allow unhappiness!** Painful emotions are inevitable in life, it is important to accept this and give yourself permission to be human and vulnerable. Observe your emotions with 'friendly curiosity' like a cloud passing by. If we reject our pain it will intensify.
- **Real change does not need to be radical but requires small repetitive steps.** It is this repetition that forms new neural pathways in your brain causing sustained change.
- **Change requires: a reminder, repetition and rituals.** For instance discuss at dinner every Friday what you are grateful for from the week. This leads to greater appreciation of life.
- **Parents have to be firm, consistent and respectful** - a family, like a classroom is not a democracy! Parents should be authoritative not authoritarian.
- Research supports the fact that **children are very risk adverse.** This leads to decreases in productivity, creativity and wellbeing. Encourage failure "I hope you fail more and embrace it..you won't love or enjoy it, it hurts, but embrace it!" **The most successful people fail the most.** Remember we learnt to walk by falling. Click on the image below to hear how many failures Michael Jordan has had! Share this with your child or class.



We are excited to announce **Strong Minds** inclusion on **Be You**. This is the new initiative replacing **KidsMatter** & **MindMatter**. 'Be You provides educators with knowledge, resources and strategies for helping children and young people achieve their best possible mental health.'



Need to enhance the wellbeing of your school? After an **evidence-based** approach that **enhances wellbeing for all** staff, students and families? Then check our our Strong Minds whole school wellbeing package.

[More Info](#)

Warmest wishes,  
Nicole and the team at  
Growing Strong Minds

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