



As empathic people, many of us are attuned to the social emotional well-being of those around us. Stress, burnout, and a negative mindset can play a major role in our mood, productivity, and interactions. Shifting our mindset can help us cope with our stressors and improve our overall mental health. Making this mindset shift requires that we reframe the way we perceive the world around us.

[Learn about embracing change and mindset shifts for a happier life](#)



Fixed Mindset vs. Growth Mindset and its Impact on Mental Health

A fixed mindset can begin to have the wrong focus, sometimes leading us to believe that we are unable to evolve or change. It can make us believe our life is what it is and nothing good can come out of what we are currently experiencing. Additionally, a fixed mindset can leave an individual vulnerable to mental health difficulties.

A growth mindset, however, can produce resiliency when facing challenges or difficulties. It encourages healthy ways of coping with life's challenges.

Allevent Integrated Mental Health suggests questions to explore when looking at how your mindset may be affecting your health.

- Does your mindset support you and your spirit, or does it depress you?
- Does your mindset empower or disempower you?
- Does it create anxiety?
- Does your mindset help you learn from your experiences, or does it convince you that "you are not enough and that is why...?"

[Read more](#)

[Check out Emory University Growth Mindset Quiz](#)

Mental Health During the Holiday Seasons

The holiday season is upon us. The holidays can be a joyous time of year, but can also bring forth feelings of loneliness, anxiety, and stress. The "Holiday Blues" can be brought forth by various factors that include, but are not limited to financial pressure, lack of time, family gatherings, or the death of a loved one. According to a survey completed in 2015 by the National Alliance on Mental Health (NAMI), 64% of people surveyed shared that they were affected by the "Holiday Blues". 24% indicated that the holidays affected them a lot.

[Check out additional information from NAMI](#)

How do you Support Your Mental Health During the Holidays?



"The sights and sounds of the season are filling the air and the lyrics to "It's the Most Wonderful Time of the Year" may be ringing loudly. However, for some of us this season brings with it sadness, depression, and even grief. We are just trying to "Survive" the holidays. Over the last few years..."

Bridgett Potts, M.Ed
[read more](#)

Upcoming Mental Health Events

[Thursday, December 7, 2023 Creative Healing Drop-In Groups 7p.m. to 8p.m.](#)

If additional support and resources are needed, contact EAP at 1-800-633-3353
With questions, contact brittanyp@ac4ed.org



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