

Wellbeing Warriors: Mastering Emotional Intelligence

Learning objective: To identify strategies for maintaining mental wellbeing, understanding the importance of resilience, and recognising how to support others in a positive community.

Read each flashcard carefully. Reflect on the term or question presented, then check the definition provided after the 'Answer:' separator. Use these to discuss emotional health with a partner.

Resilience

The ability to recover quickly from difficulties or setbacks, often described as 'bouncing back' when faced with a challenge.

Mindfulness

The practice of focusing one's awareness on the present moment in a calm and non-judgmental way, often used to reduce stress.

Empathy

The capacity to understand and share the feelings of another person by putting yourself in their shoes.

What is the difference between a 'Fixed Mindset' and a 'Growth Mindset'?

A fixed mindset assumes intelligence is static, whereas a growth mindset believes abilities can be developed through dedication and hard work.

Self-esteem

An individual's sense of their own value or worth, which can be nurtured by celebrating personal achievements and kind self-talk.

Positive Affirmation

A short, encouraging statement that we tell ourselves to boost confidence and challenge negative thoughts.

Why is 'Active Listening' important for wellbeing?

It involves giving someone your full attention, which helps them feel heard and valued, strengthening social connections.

Constructive Feedback

Helpful advice intended to improve a task or behaviour, delivered kindly rather than as a criticism.

Optimism

A hopeful outlook on life, focusing on positive outcomes and believing that most problems have a solution.

How can physical health impact mental wellbeing?

Regular exercise, a balanced diet, and sufficient sleep provide the brain with the energy needed to manage emotions effectively.

What does 'Wellbeing' encompass?

A holistic state of feeling good and functioning well, covering physical, emotional, and social health.

Why might it be helpful to set 'SMART' goals for personal wellbeing?

Because Specific, Measurable, Achievable, Relevant, and Time-bound goals provide a clear path to improvement, reducing anxiety about the future.