



**Growth Mindset**

## Mindset Shift - From Lockdown to becoming Open-minded

<b>Mind under Lockdown state</b>	<b>An open-minded person</b>	
<b>I am stuck at home</b>	<b>I am safe at home</b>	<b>I am spending more time with my family</b>
<b>I will run out of items,I cannot buy anything new</b>	<b>I have enough at home. Let me use it wisely</b>	<b>Let me reduce, recycle and re-use</b>
<b>Everything is shutting down, I'm panicking</b>	<b>The most important places as grocery store, medical facilities are still open</b>	<b>My distance learning is still happening. I am not missing on to my learning.</b>
<b>There is too much of insecurity. I feel anxious and unsafe</b>	<b>While I cannot control the situation, I can control my actions by keeping myself safe, by washing hands regularly, by taking all precautions and by staying home.</b>	<b>I can keep myself healthy by practicing mindfulness, exercising every day, eating nutritious food and sleeping well. I will also do everything that makes me happy while I am at home.</b>