

# Wellbeing Tip of the Week

## Building resilience (The Power of YET)



Sometimes we can become frustrated or angry with ourselves when we are trying to learn or do something new. This might be because we know we are not perfect at it **yet**, or we have not mastered all the skills needed for it **yet**. However, instead of focusing on the negative emotions we might feel about this, it would be more productive to think, **“I just haven’t mastered this YET.”**

This is a very simple way that helps us move towards a growth mindset, just by using the little, 3 letter word, **“yet”**. In essence, the word helps us to realise that some things are worth waiting for and those things can take work and a bit more time. It's not always easy, but the power of this small word allows for success.

**This week have a go at saying this to yourself when you are struggling to achieve something straight away or finding a task difficult.**