

# Kalmer & DOSE

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS FEB 2022

## FEBRUARY THIS ISSUE WE FOCUS ON: GROWTH MINDSET

OVER THESE PAST TWO YEARS, WE HAVE BEEN THROUGH SOMETHING THAT WE COULD NEVER HAVE IMAGINED. DID YOU EVER THINK THAT SCHOOLS WOULD SHUT AND WE WOULDN'T BE ALLOWED TO SEE THOSE PEOPLE IN OUR LIVES THAT WE REALLY CARE ABOUT?

WHEN WE ARE EXPERIENCING SOMETHING DIFFICULT AND CHALLENGING LIKE THE PANDEMIC OUR HEARTS, MINDS AND BODIES CAN FIND IT REALLY HARD TO COPE. WE OFTEN REVERT TO A FIXED AND NEGATIVE MINDSET, WHICH CAN OFTEN BE VERY LIMITING. WHEN WE ARE SCARED WE BECOME DEFENSIVE AND WE OFTEN STRUGGLE WITH CREATIVE THOUGHTS.

THE PANDEMIC GAVE US A UNIQUE OPPORTUNITY TO REFLECT ON WHAT IS IMPORTANT TO US AND WHAT WE WANT MORE OF IN OUR LIVES. WE HAD TIME TO THINK ABOUT THOSE THINGS WE MISSED MOST INCLUDING, TIME WITH PEOPLE WE LOVE, THINGS THAT INSPIRE US AND ACTIVITIES THAT MAKE US HAPPY. WHEN WE ARE HAPPY WE CREATE AN ENVIRONMENT WE NEED TO THRIVE AND GROW.

WE NOW HAVE AN OPPORTUNITY TO TAKE THE LESSONS WE HAVE LEARNED AND MOVE OUT OF OUR FIXED MINDSETS INTO A MORE POSITIVE WAY OF THINKING. IT IS WITH THIS GROWTH MINDSET WE CAN CREATE A WORLD WITH ENDLESS POSSIBILITIES.

### INSIGHT

IN ORDER FOR A CHILD TO DEVELOP A STRONG GROWTH MINDSET THEY NEED THE INPUT, SUPPORT AND COMFORT OF OTHERS.

ENCOURAGEMENT AND POSITIVE REINFORCEMENT FROM PARENTS, TEACHERS AND PEERS CREATE AN IDEAL ENVIRONMENT FOR A GROWTH MINDSET TO FLOURISH.



### I CAN'T DO THAT. YET

ENNA ISN'T A QUEEN OF CONFIDENCE. STRUGGLING TO BELIEVE IN HERSELF, THE YOUNG GIRL IS CERTAIN SHE DOESN'T HAVE WHAT IT TAKES TO READ DURING BEDTIME. BUT WHEN SHE FINALLY FALLS ASLEEP, SHE'S GREETED BY A WONDERFUL WOMAN WHO'S INCREDIBLY FAMILIAR...

IN THIS INDISPENSABLE TOOL FOR BATTLING GENDER STEREOTYPES AND OTHER HARDSHIPS, THE AUTHOR REVEALS MENTALITIES THAT CAN HOLD KIDS OF ALL KINDS BACK. AND BY DISMANTLING UNHEALTHY THOUGHT PROCESSES, SHE ENCOURAGES A BOLD NEW APPROACH TO LIVING LIFE TO THE FULLEST.



## FIXED MINDSET V GROWTH MINDSET



THERE ARE TWO OPPOSING WAYS OF THINKING, ONE OF WHICH HAS A MORE NEGATIVE APPROACH TO SITUATIONS, CHALLENGES AND OUTCOMES WHEREAS THE OTHER TAKES A MORE OPTIMISTIC AND POSITIVE APPROACH.

HAVING A FIXED MINDSET MEANS WE HAVE A SET WAY OF THINKING THAT WE 100% BELIEVE TO BE TRUE, THIS IS OFTEN NEGATIVE AND LIMITING. FOR EXAMPLE, WE MAY BELIEVE WE ARE NOT GOOD AT MATHS, WE ALWAYS GET IT WRONG AND NOTHING WE CAN DO WILL CHANGE THAT.

A GROWTH MINDSET TAKES A MORE OPEN AND POSITIVE APPROACH, WE ARE MORE SUPPORTIVE OF OURSELVES AND ACCEPT THAT THERE ARE THINGS WE MAY FIND DIFFICULT, BUT BELIEVE WITH TIME AND EFFORT WE WILL BE ABLE TO IMPROVE AND ACHIEVE.

### FIXED MINDSET

THAT'S IT, I CAN'T DO IT,  
I GIVE UP



I ALWAYS GET IT WRONG

I AM STUPID

THIS IS TOO HARD



I CAN'T DO THIS

### GROWTH MINDSET

I WILL TRY ANOTHER WAY

MISTAKES HELP ME LEARN

I AM LEARNING ALL THE TIME

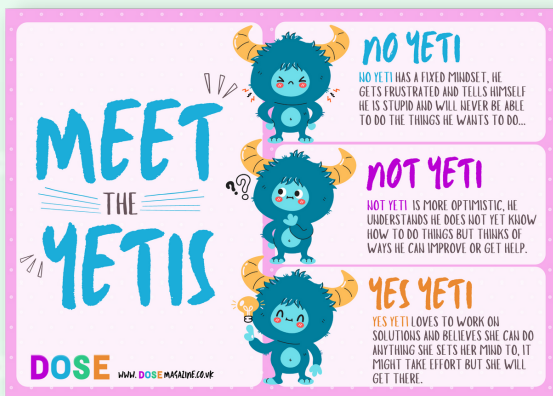
THIS MAY TAKE ME SOME  
TIME BUT I'LL GET THERE

I DON'T KNOW HOW TO  
DO THIS YET





# MEET THE YETIS



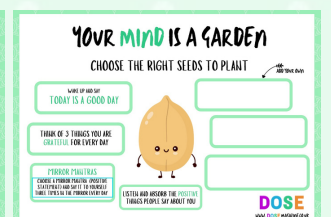
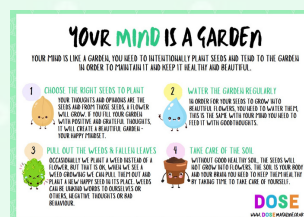
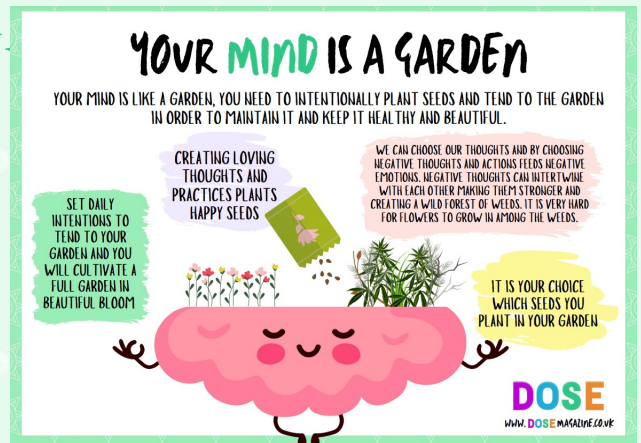
MEET THE YETI FAMILY, **NO YETI**, **NOT YETI**, AND **YES YETI**  
**NO YETI** HAS A FIXED MINDSET, HE GETS FRUSTRATED AND TELLS HIMSELF HE IS STUPID AND WILL NEVER BE ABLE TO DO THE THINGS HE WANTS TO DO...  
**NOT YETI** IS MORE OPTIMISTIC, HE UNDERSTANDS HE DOES NOT YET KNOW HOW TO DO THINGS BUT THINKS OF WAYS HE CAN IMPROVE OR GET HELP.  
**YES YETI** LOVES TO WORK ON SOLUTIONS AND BELIEVES SHE CAN DO ANYTHING SHE SETS HER MIND TO, IT MIGHT TAKE EFFORT BUT SHE WILL GET THERE.

VISIT [WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK) AND DOWNLOAD YOUR YETI GROWTH MINDSET ACTIVITY.

# YOUR MIND IS A GARDEN

YOUR MIND IS LIKE A GARDEN, YOU NEED TO INTENTIONALLY PLANT GOOD SEEDS WHICH WILL GROW INTO FLOWERS IF YOU PROVIDE THEM WITH THE RIGHT CONDITIONS AND CARE FOR THEM.

DOWNLOAD OUR GUIDED **WORKBOOK** FROM [WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK) TO EXPLORE YOUR MIND AS A GARDEN AND HOW TO KEEP IT HEALTHY.



# ☆ ☆ SUPER SPECS



LET'S MAKE OUR OWN SUPER SPECS TO PUT ON WHEN WE FIND OURSELVES HAVING NEGATIVE OR LIMITING THOUGHTS.  
 WHEN YOU WEAR YOUR GLASSES YOU TURN INTO YOUR OWN SUPERHERO WHO CAN DO ANYTHING YOU SET YOUR MIND TO.  
 WHILE YOU HAVE YOUR GLASSES ON LOOK FOR THINGS YOU ARE GOOD AT AND LOOK FOR WAYS TO GET BETTER AT THE THINGS YOU FIND DIFFICULT.

DOWNLOAD YOUR SUPER SPECS ACTIVITY PACK FROM [WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK)



## RAINBOW BISCUIT BITES

### METHOD

- ADD THE FLOUR, BAKING POWDER, SALT, ICING SUGAR AND GRANULATED SUGAR AND MIX IN THE FOOD MIXER FOR A MINUTE OR TWO
- CUT THE BUTTER INTO CUBES AND ADD IT TO THE MIXER AND MIX UNTIL IT BECOMES CRUMBLY
- ADD THE VANILLA EXTRACT - THE MIXTURE SHOULD FORM A BALL
- SEPARATE INTO 6 SEPARATE BALLS GETTING BIGGER EACH TIME
- PUT EACH BALL BACK INTO THE MIXER WITH THE PADDLE ATTACHMENT AND ADD 1 TEASPOON OR 4 DROPS OF THE FOOD COLOURING AND MIX UNTIL THE COLOUR IS BOLD
- ROLL THE CENTRE COLOUR INTO A LONG THIN SAUSAGE
- THEN ROLL OUT THE NEXT COLOUR AND WRAP AROUND THE SAUSAGE, REPEAT THIS WITH ALL THE COLOURS
- PUT THE RAINBOW ROLL INTO THE FREEZER FOR 30 MINUTES
- CUT THE ROLL INTO HALF-INCH COOKIES, THEN CUT IN HALF TO MAKE TWO RAINBOWS
- PLACE ON BAKING PAPER AND ONTO AN OVEN TRAY AND BAKE FOR 12-15 MINUTES AT 170°C



### INGREDIENTS

- 350G PLAIN FLOUR
- 1/2 TEASPOON BAKING POWDER
- 1/4 TEASPOON SALT
- 100G ICING SUGAR
- 100G GRANULATED SUGAR
- 230G BUTTER
- 2 TEASPOONS VANILLA EXTRACT
- 1 TEASPOON EACH COLOR FOOD GEL

### UTENSILS

- WEIGHING SCALES
- FOOD MIXER
- FOOD BAGS
- ROLLING PIN
- PLATE

**DOSE**

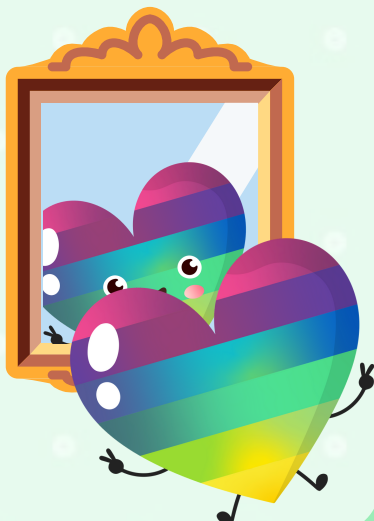
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RAINBOW BISCUIT BITES ARE A FUN WAY OF CREATING SOMETHING MAGICAL TOGETHER, WITH LOTS OF COLOUR AND FUN. LEARNING NEW SKILLS BOOSTS OUR HAPPY HORMONE DOPAMINE WHILE THE CONNECTION WITH OTHERS BOOSTS OXYTOCIN SENDING A WAVE OF LOVE THROUGH THE BODY.



### MONTHLY MIRROR MANTRA

I KEEP  
IMPROVING  
EVERY  
SINGLE DAY



### SILENT SHARING NATURE WALK

GO FOR A WALK IN NATURE. THIS COULD BE A PARK, THE BEACH OR WOODLAND. ALLOCATE 5 MINUTES TO WALKING IN COMPLETE SILENCE. TAKE TIME TO NOTICE EVERYTHING AROUND YOU AND PAY ATTENTION TO YOUR THOUGHTS.

WHEN YOU NOTICE SOMETHING CAPTIVATING OR INTERESTING, GENTLY TAP THE ARM OF ONE OR MORE OF THE PEOPLE IN YOUR GROUP AND POINT TO THE OBJECT. YOU SHOULD ALL SILENTLY SHARE THE ENJOYMENT.

THIS DEVELOPS NON-VERBAL COMMUNICATION WHILE BUILDING BONDS BETWEEN INDIVIDUALS IN THE GROUP. BEING IN SILENCE MEANS YOU ARE NOT DISTRACTED BY OTHERS' THOUGHTS AND YOU CAN FOCUS ON AND APPRECIATE NATURE.

WALKING AND BONDING WILL RELEASE YOUR DOSE OF HAPPY HORMONES.





## J.K. ROWLING



## "IT MATTERS NOT WHAT SOMEONE IS BORN, BUT WHAT THEY GROW TO BE"

THE AUTHOR OF HARRY POTTER IS NOW ONE OF THE MOST SUCCESSFUL WRITERS OF ALL TIME, HOWEVER, THIS WAS NOT ALWAYS THE CASE. IN ORDER TO ACHIEVE THE SUCCESS SHE HAS TODAY SHE HAS CREATED A STRONG GROWTH MINDSET BELIEVING SUCCESS COMES FROM HARD WORK AND DETERMINATION.

JK ROWLING HAD MANY SETBACKS ALONG THE WAY,

- SHE WAS REJECTED FROM UNIVERSITY
- SHE WAS SACKED FROM HER JOB WHILE WRITING HARRY POTTER
- SHE WAS AS POOR AS YOU CAN BE
- SHE HAD TO RAISE HER CHILDREN ON HER OWN
- 12 PUBLISHERS REJECTED HER BOOKS BEFORE SHE GOT A PUBLISHING DEAL
- SHE WAS QUOTED AS SAYING, "I WAS THE BIGGEST FAILURE I KNEW."

JK ROWLING KEPT A GROWTH MINDSET, BY WORKING AGAINST ALL THE CHALLENGES, SHE CONTINUED TO WRITE AND IMPROVE. SHE LOOKED AT DIFFERENT WAYS TO HAVE HER BOOK PUBLISHED AND WOULD NOT TAKE NO FOR AN ANSWER. SHE DID NOT TAKE HER STRUGGLES AS A SIGN SHE SHOULD GIVE UP AND KNEW ONE DAY SHE WOULD SUCCEED.

"EVERYTHING  
IS HARD  
BEFORE  
IT IS  
EASY"

GOETHE J.W



## INSPIRATION FOR GROWTH MINDSET

- 1 ALLOW YOURSELF TO DREAM WITHOUT LIMITATION
- 2 EMBRACE YOUR IMPERFECTIONS - THERE IS NO PERFECT
- 3 DEVELOP POSITIVE SELF TALK AND BE KIND TO YOURSELF
- 4 SURROUND YOURSELF WITH PEOPLE WHO CHEER YOU ON
- 5 TRY SOMETHING NEW EVERY DAY

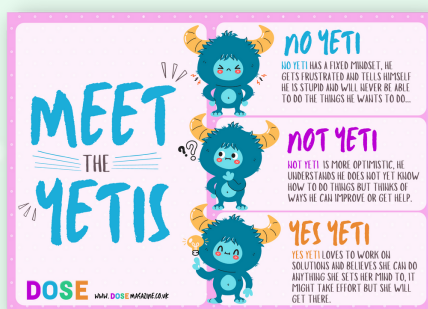


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