

LESSON 7.3 Developing Emotional Health and Mental Toughness
Note-Taking Guide

Mental Toughness

1. Mental toughness is the ability to resist, manage, and overcome doubts, worries, and concerns. What are five of the benefits of mental toughness?

1.

2.

3.

4.

5.

Optimism and Emotional Health

2. Compare and contrast optimism and pessimism. Include information on how each is related to health.

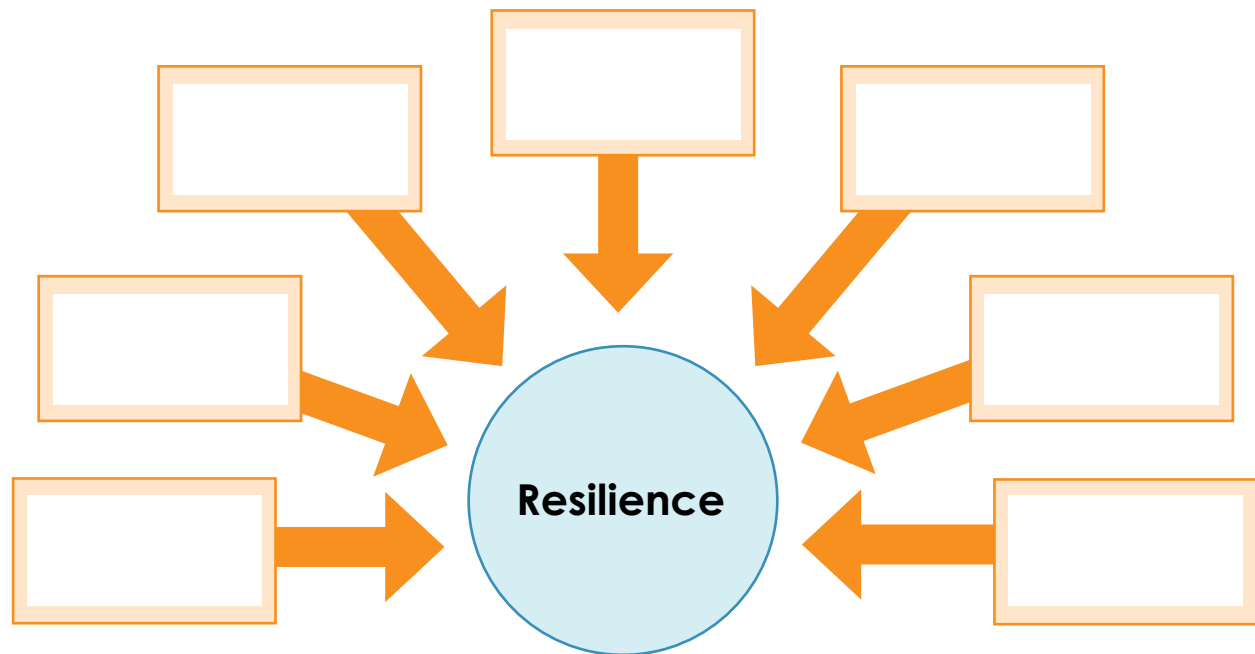
Growth Mindset

3. Compare a growth mindset to a fixed mindset by listing at least two comparisons.

Growth mindset	Fixed mindset

Becoming Resilient

4. Resilience is _____.
5. Fill in the seven Cs of resilience.



Grit

6. Grit is _____.

Self-Talk for Mental Toughness

7. Fill in the gaps in the following table. Use your own examples if you can.

Pattern	Description	Example
Jumping to conclusions	Failing to think things through and jumping to a quick, negative conclusion	
Making things your own fault		My friend did poorly on his exam because I wasn't able to study with him the night before the test.
	Making something far more significant or dramatic than it is (catastrophizing)	I got a B on my quiz. I'm totally going to fail now.
Making things smaller		Even though I got an A on the test, I missed the easiest question. I'm so dumb!
Making things bigger	Applying something specific to a bigger thing.	
Giving it a name		I am so fat and stupid.