



# HUMAN PERFORMANCE PROJECT

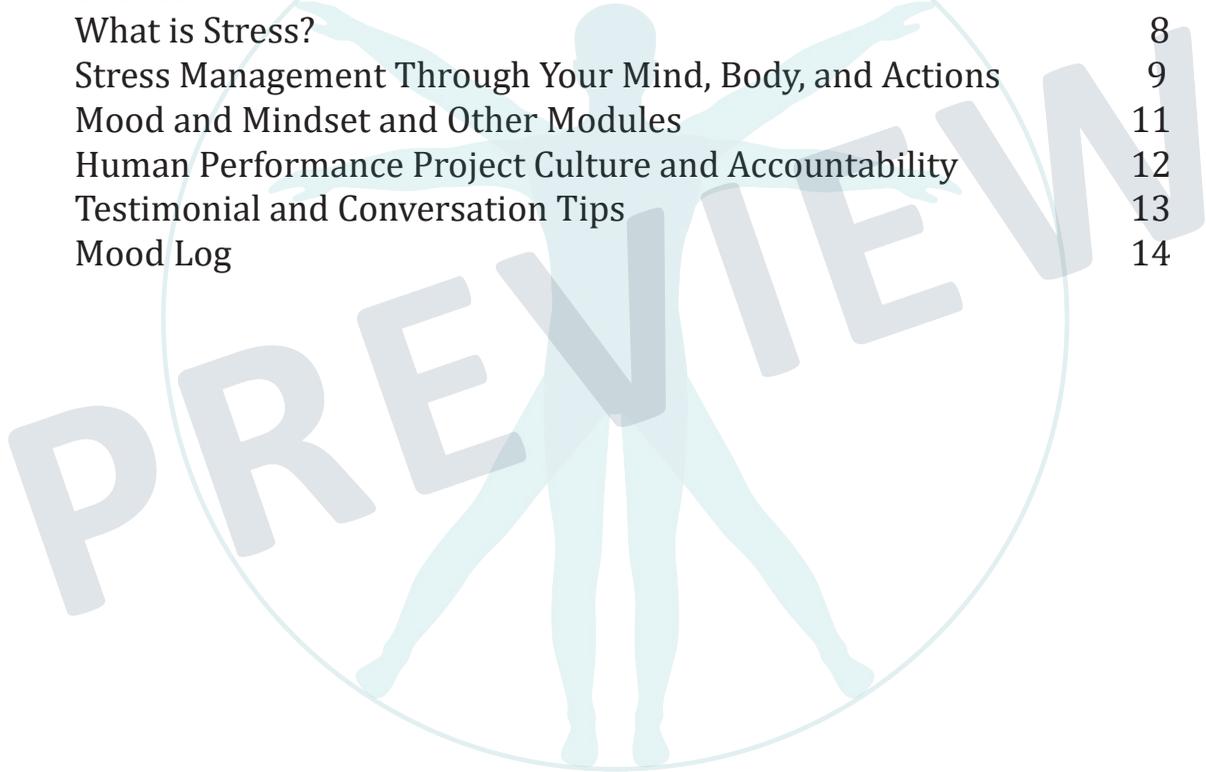
Illinois

## MOOD AND MINDSET GUIDE



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# WHY TALK ABOUT

It is important to acknowledge and recognize how large of a factor mood and mindset plays in our everyday lives. Our moods can be a constant roller-coaster from positive to negative feelings and emotions. Taking the time to understand and reflect on how you are feeling at any given moment and how you are going to react to those feelings is an important aspect of being a student committed. Your mood and mindset are major factors in your ability to perform optimally. It is important to not only view mood and mindset from a personal standpoint, but how overall mood and mindset can affect your peers, your teams, and others around you. **Do not just take our word for it, read on to learn more about what research is teaching us about mood and mindset.**



I believe in myself. I can pass this test!

The illustration shows a young woman with dark hair, wearing a red jacket, sitting at a desk. She is reading an open book. On the desk are several stacks of colorful books. A thought bubble above her head contains the text 'I believe in myself. I can pass this test!'. The background features a large, faint watermark that says 'PREVIEW'.

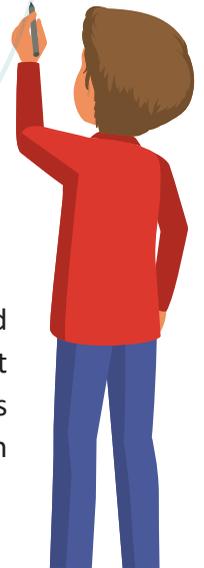
# MOOD AND MINDSET?

Your ability to perform at your best is highly influenced by how you are feeling (**your mood**) and what you are thinking (**your mindset**). During your teenage years, there can be many stressors and pressures academically, socially, in extracurricular activities, and more. This guide will be a great reference for you to better understand what role mood and mindset plays in your decision making as well as tips and strategies to improve and work towards a healthier mentality.

*Mood is how I am feeling.*

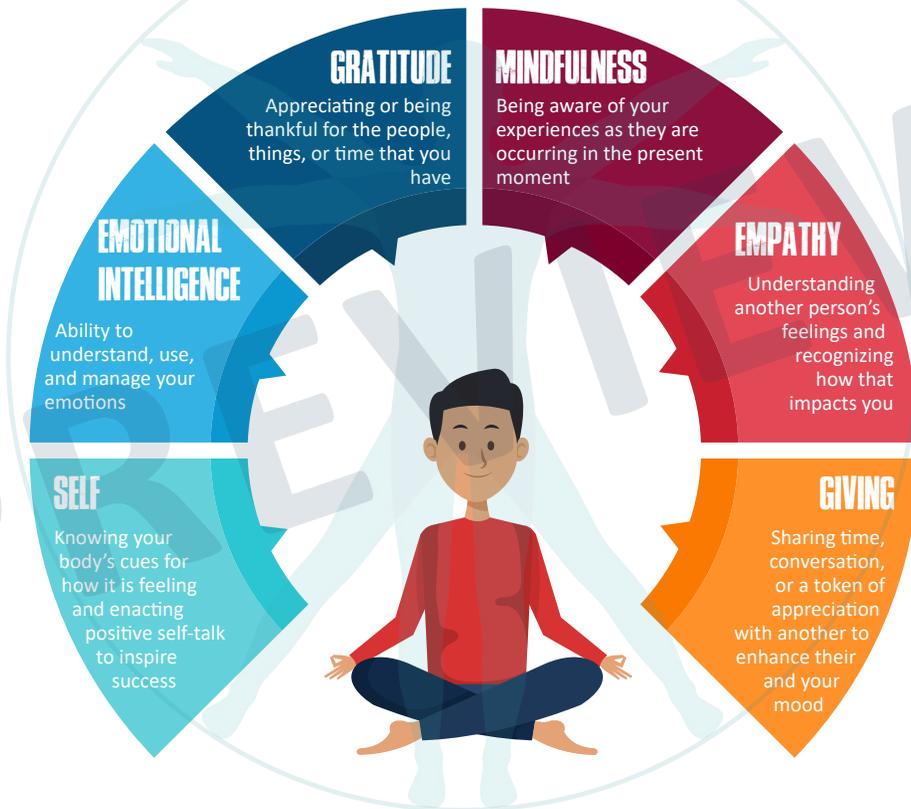
*Mindset is what I am thinking.*

There is a great amount of stigma surrounding poor mood and mindset. Being a student committed means working to break through these barriers in order to communicate your emotions, thoughts, and feelings more freely and in a positive light. While we may not always have control over our moods, we do have control over the way we react to them and what we choose to focus on. Making the choice to have a positive mindset does not mean ignoring negative emotions or disregarding stress, it means having the courage to address these challenging moods and work with peers, teachers, parents, and other adult mentors to overcome them.



# SELF AWARENESS

The ability to acknowledge and reflect on your own body, emotions, and surroundings allows you to develop a deeper level of self awareness. Understanding your self, your mood, and your mindset empowers you to better control your mindset and attitude given any circumstance.



The more practice and effort you put forth in recognizing your self and how you respond to your surroundings, the more natural it will become. Doing so will help you become more persistent and resilient when facing new obstacles and challenges ahead, while continuing to maintain a healthy you!

# CHOOSE YOUR ATTITUDE

While we do not always have the power or control to choose how we feel, we do have more power and ability to choose how we act. The first step toward having a positive mindset is accepting your mood and acknowledging the event or events that are contributing to it. From there, the choice is yours about how you react.

**“Life is 10% what happens to me, and 90% of how I react to it.”  
- John Maxwell**

$$E + R = O$$

**Event + Response = Outcome**

The “Event” in this principle are situations and experiences that are out of your control, which only amounts to 10% of the outcome. The remaining 90% is your response. How you respond to any experience you have can greatly affect the outcome. You may not be able to control the event but you can certainly control your response.

When it comes to mood and mindset, the outcome is your attitude. The next time you feel overwhelmed and out of control, take a step back and think about  $E + R = O$ . What outcome are you looking for, and how can you adjust your reaction to help you get there? One thing that often gets in the way of a positive outcome is stress. This guide is going to help you understand stress and provide you positive tips and suggestions for how to manage it in your own life.