



## STRATEGY AREA #6: NO MATTER WHAT MINDSET

Strategy area #6 is another important element of the fertile soil that you are creating. The fertile soil in which new brain wiring will grow. If you don't make intentional choices about your own mental health and if you don't care for your own mindset your success will be sabotaged by the challenges of this journey.

One challenge is referred to as Secondary Trauma. Secondary Trauma is trauma that results from exposure to someone else's trauma or the way they react to the trauma. Like a primary trauma, secondary traumatic stress can change the way you see and feel about the world.

It can start impacting the quality of your life. Some of the struggles include; nervousness, jumpiness, difficulty concentrating, sleep issues, feelings of helplessness and hopelessness, anger and disconnect.

To fight against the impacts of trauma so that you can be the No Matter What Parent your child needs it is important that we intentionally work on maintaining a positive mindset. It's important that you intentionally use tools and strategies that work to strengthen resilience, create a positive mental attitude and reframe your journey based in what you know rather than what you feel.

In Strategy Area #6 your action plan now has to include:

1. A focus on your own mental health
2. Actively using tools and strategies that are designed to help you hang on to you.

### ACTION STEP:

1. It's important to "see" our family the way we want them to be...happy and healthy. Dream Big. Don't let today's challenge or deficits stop you. Be realistic but go Big. Research tells us that the better and more often we can visualize something the better chance we have to attain it. Don't get caught in trying to figure out how you are going to make it happen – that is fear – just visualize it. Write it down and post where you can see it often
2. Journal 3 good things in your life every morning. (every morning that you can – there's no such thing as perfect) They don't have to be rainbows and unicorns. Sometimes you may have to dig really deep. (mine was often my pillow back in the trenches) Think it. Write it. Reread it.
3. Purposefully mark things in your mind and on the calendar as something for you. Again it doesn't have to be huge. "Mom paint nails" "Mom's haircut"

This is now the lens you must look through when being the best Parent you can be to YOUR CHILD. Having a Positive Mental Attitude means you are asking how something can be done rather than saying it can't be done.