

Toolkit 2 - Learning Unit 11 Pre-intervention

Activity 4 Mental strength



Training

Ask group to read the material and encourage to discussion.

Mental strength is the capacity to deal with various stressors or challenges when they arise and still perform to the best of your ability and personal strengths. Mental strength is another core foundation of positive psychology and something that can be built and developed over time with purpose and practice.

Positive psychology defines mental strength through the following attributes:

- Adaptability
- Endurance
- Steadfastness
- Dependability
- Effectiveness

With personal strengths comes the balance of personal weaknesses, and the same is true with mental strength. If not practiced in alignment with personal strengths or without purpose, mental strength may change into its negative counterpart:

- Adaptability can become fickleness.
- Endurance may lead to martyrdom or victimization.
- Steadfastness can turn to inflexibility.



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- Dependability can become predictability.
- Effectiveness may lead to laziness or taking shortcuts.

Being aware of this can help you to adjust where you notice an imbalance. Just as you might go to the gym to build physical muscle and give up bad habits to meet personal fitness goals, you can develop better mental strength through the right mix of behaviours and thoughts.

Adopted from: <https://positivepsychology.com/what-are-your-strengths>



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