

BRAINY GUPSHUP



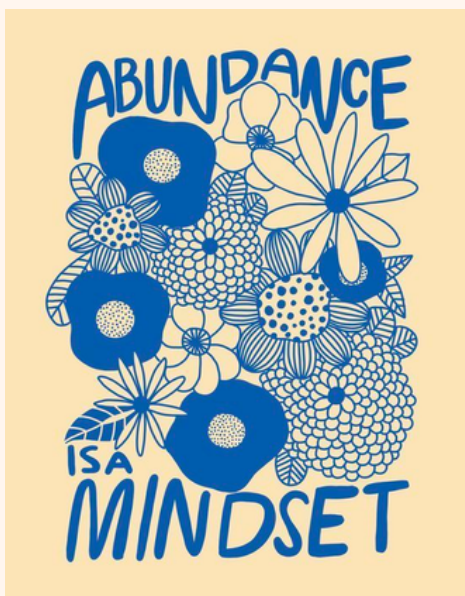
COUNSELLING DEPARTMENT

“THOUGHTS ARE BEHAVIORS WE HAVEN’T LEARNED TO OBSERVE YET.” — B.F. SKINNER

Dear Parents,

We are happy to announce that our Brainy Gupshup is One Year old this month!! We celebrated 10 Brainy Gupshups with you and are happy to introduce Volume II. From the HXLS Counselor’s desk- we bring to you important psychological ideas, themes, and topics that might resonate with you as an adult, professional, or parent. Our purpose is to fire your neurons and look at the ideas presented from the lens and perspective that most suits you. Oftentimes the concept may be very relevant for you as an adult and there are other times you may find it more suitable to connect this to your child (or children in Junior / Middle or Senior Programs).

Consequentially, our objective is that you find the idea useful to you in one way or the other. We would be happy to hear from you about what worked for you and what you would like us to talk about further. We keep the ideas simple so that they motivate you to research, contemplate, and deep dive further so that you can possibly look at ways to make them functional for you.



For this month we would love to ponder on the Joy of ABUNDANCE and the notion that you have lots, lots, and lots more than you think you have.

As the saying goes, “The mind is everything, what you think, you become!” How many times has it happened to you that you have prepared well for a presentation but your inner self tells you that you are not enough, and when you are on stage this thought manifests itself into reality.

Mindset is a critical component of success in sports, work, in discussions and in life in general. Our mindset can radically affect the course of our decisions and choices we make.

We have spoken about growth mindset and fixed mindset on different occasions. Nonetheless, this newsletter will allow us to open our hearts and minds to an "Abundance Mindset." Furthermore, it would help us in enhancing the quality of our life by transforming our thought processes. Overwhelming research on mindset shows that what we think about ourselves and the world around us can drastically change the way we manage ourselves in challenging times. The mindset of abundance is a powerful tool for success.



WHAT IS MINDSET?

To begin with, it's a 'Way of Thinking', a mental inclination, a disposition, or a frame of mind. Mindset is a collection of thoughts and beliefs that shapes behavior. It impacts how we make meaning of the world around us. Mindsets are beliefs that are often centered around either scarcity or abundance.

WHAT REALLY IS SCARCITY?

A scarcity mindset is a pervasive feeling of not having enough—whether that be of time, money, or connection. Having a scarcity mindset can be a self-fulfilling prophecy because these beliefs make it difficult to move forward and may keep one feel stuck in scarcity.

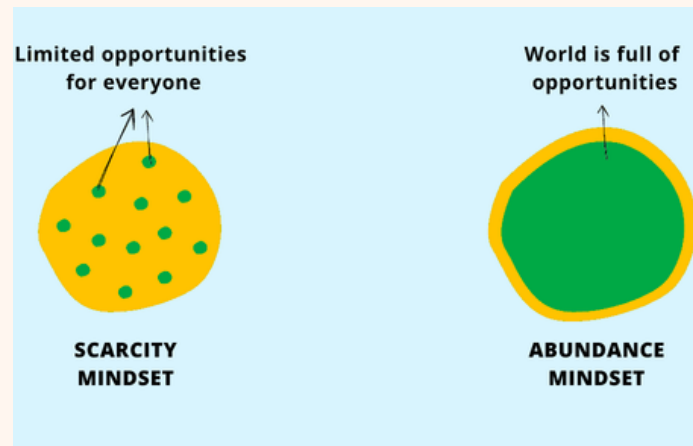
SIGNS OF A SCARCITY MINDSET

Some signs to look out for to evaluate a scarcity mindset would be - Having often times, a hopeless feeling that there's never enough time, money, or opportunities; or it could feel like you are always scrambling to wrap up your to-do list or struggling to make decisions, or it could also look like you struggle to say "no" when someone asks you to do something. A scarcity mindset could also look like there is only one solution to a problem and you are stuck with that. There is a gnawing feeling that you are left behind and a strong thought that you often lose while others have a winning streak. There is a constant feeling of dissatisfaction and a belief that you are not good enough.

THE IMPACT OF SCARCITY MINDSET

Scarcity mentality isn't something one does on purpose. It's the background noise in the brain when one is not able to get what one wants. Focusing on something that is not there or cannot be had, for long durations of time, can take a toll on mental health. This further leads to a "tunnel vision" when all one can think about is the unmet need.

Scarcity mentality also has other impacts on the brain and can even cause it to work differently, limiting its brain functionality. It could affect the ability to solve problems, hold information, and reason logically. It also affects the brain's decision-making process. A scarcity mindset limits the ability to plan, focus, and start a project or task. That is because the brain is too busy focusing and worrying about the deprivation, that it loses its cognitive acuity and may act rather impulsively.



CULTIVATING AN ABUNDANCE MINDSET



To have an abundance mindset means to embrace the opposite of a scarcity mindset. It is a belief that there are enough resources, time, and opportunities to accomplish one's aspirations and goals. This belief builds healthy ways of thinking and allows us to attract the things we want in our life by taking action based on motivation rather than fear. An abundance or growth mindset leads to benefit such as increased performance and more malleability in the brain.

Our brains get a hit of dopamine as we take risks and successfully complete them, thus priming us to search for more dopamine by increasing those growth behaviors that prompted the dopamine release in the first place.

SCARCITY VS ABUNDANCE

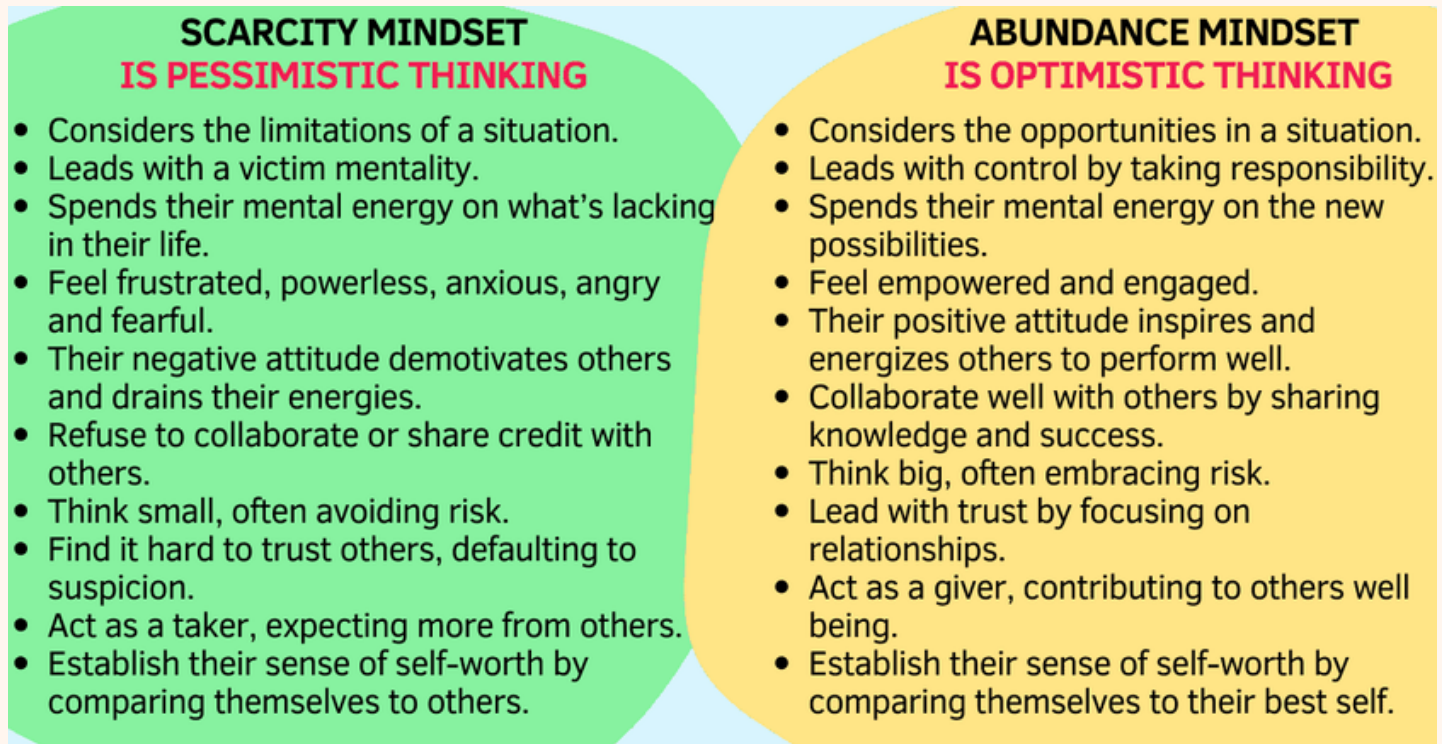
The key difference between a scarcity mindset and a mindset of abundance is how we view the world. A scarcity mindset views resources as finite, whereas an abundance mindset believes there are enough resources to support everyone's success. With a scarcity mindset, you believe that there is only so much prosperity to go around whereas, with an abundance mindset, you open up to new opportunities and possibilities, manifesting success, aspirations, and new hopes. The difference as seen in the image is the way one perceives and thinks !!

ABUNDANCE MINDSET	SCARCITY MINDSET
	
- There's more than enough for everyone - When you help others grow, you grow - Celebrate others success - Make the pie bigger	- What you have limits what I can have - Focus only on yourself - Envy the success of others - Get your piece of the pie

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Some practices to shift our mindset from Scarcity to Abundance

To have an attitude to see the glass as half-filled instead of half-empty is an abundance mindset. Rather, we would want to offer a dimension of believing that the glass is also refillable (like it is in McDonalds' and is bottomless) and would want to offer ways on building an abundance mindset.



These are the few ways we could develop a culture of optimistic thinking for ourselves and our family in small and simple ways-

- **Notice and reframe scarcity-based thoughts-** It is important to identify our mindset. It is okay to note if we have a scarcity mindset and acknowledge it. Then the next step would be to cultivate the practice of converting the thought to a more affirmative one- From that of giving up to trying once more; from thinking of only one way of doing something to trying to find more ways of coping with the problem etc.
- **Try Journaling-** If the thoughts are a bit chaotic and repetitive, writing them down can help recognize which ones are coming from a place of scarcity and are coming from a place of abundance. In this way, journaling daily can illuminate the patterns in thinking and make it more possible to build positive and productive ways of thinking, creating, contextualizing, or framing points of reference.



- **Practice mindfulness-** Reframing thoughts is a part of mindfulness and the best way is to slow down. It is wonderful to take a pause and not be in a hurry. This pause to reflect on the thoughts that come helps us to listen more deeply to our inner voice. It helps improve attention and focus while paying attention to our thoughts more attentively and without distraction. Simply getting in the habit of slowing down, noticing things more deeply, and appreciating little things can help keep better track of the negative versus positive thoughts.

- **Create your own positive affirmation-**

As you begin to take note of your thoughts, you may notice there's a recurring negative or scarcity-based thought. "I can't" or "It is not possible" can feel very defeating.

Having affirmative words like, "Let's try another way", "I am enough", and "One more time" - words or phrases that

have a connotation of 'abundance,' 'positivity,' 'enough,' and 'optimism' begin to cultivate positivity and hope of abundance. Belief in positive thoughts gives the motivation to believe and act, thus assisting you to access a new and productive belief system.



- **Identify barriers-** There could be some barriers that prevent us from feeling optimistic or feel contented. These might include unsupportive friends, financial fears, or low self-esteem. Acknowledging them in your life and making them consciously evident helps build more self-awareness. Making a list of all the reasons helps to know the limiting conditions and helps tackle each one of the areas with a more conscious capacity and focused approach.

- **Celebrate your wins-** Abundance is closely related to gratitude.

Quoting Oprah Winfrey, "If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough." Gratitude generates happiness and hope. Focusing on what we have and what we are grateful for instills a lot of self-worth and positivity. Noting the opportunities received, skills possessed, and success achieved forces the brain to recognize the abundance in one's life. Maintaining a gratitude journal is also another way to incorporate the practice of noting the small significant things that makes one feel thankful for. It could be something as small as having your child bring a freshly squeezed glass of lemonade for you when you are just back from the office.



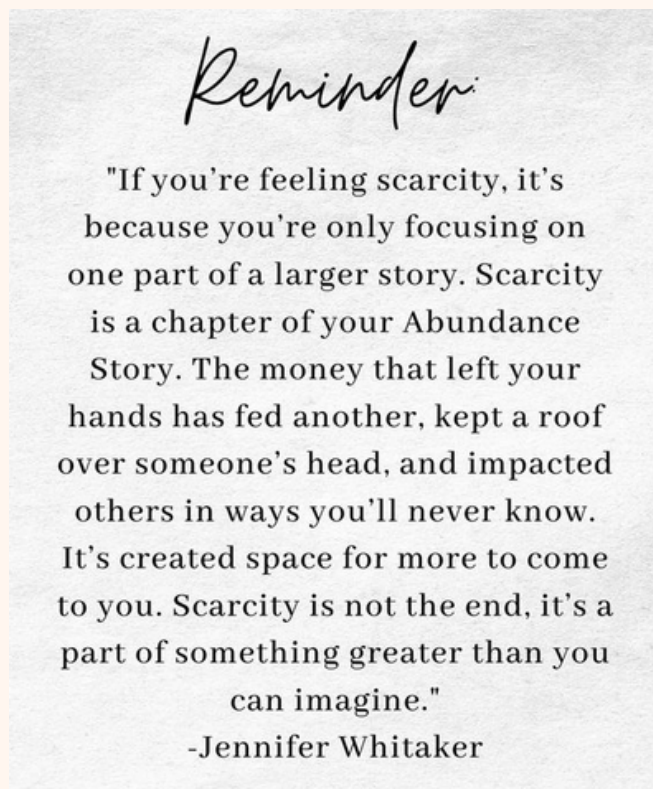
- **Training the mind for “what else”:** We all love being with people who are positive and have a way to make things happen and get things done. Try focusing more on things around you and look for more choices, more resources, and more possibilities. Sometimes increasing the horizon of our own thinking and letting go of our own fears helps us expand our awareness further. Being open to trying new things and taking small steps can be a great starting point.
- **Enjoy the company of people who think in abundance-** As a family, parent, or employee, try creating a culture of win-win and an atmosphere of possibilities and trust. This creates synergy and potential for trying new things without fear of failure or ridicule. Look for ways that in this two-way relationship, both feel heard, valued, and understood and that brainstorming for better ideas and openness to new solutions is welcomed and appreciated.

“Our mindset shapes what lies behind us, before us, and within us”

And as always, to keep becoming the better version of ourselves is no easy task. Rightly said, “What we think is what we are, and what we believe is what we receive”. And as Jennifer Whitaker shares, we are more than just one story and have so much potential within each one of us which is waiting to be explored.

Given that we generally do not live and act from an all-scarcity mindset or abundant mindset, this is a great opportunity to stretch our own attitudes and try watching our thoughts perhaps for just one week- and become more aware as we catch ourselves acting upon our mindset !!

Let’s begin by opening up to trying new ideas and new perspectives. Wishing you abundance today and always.



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