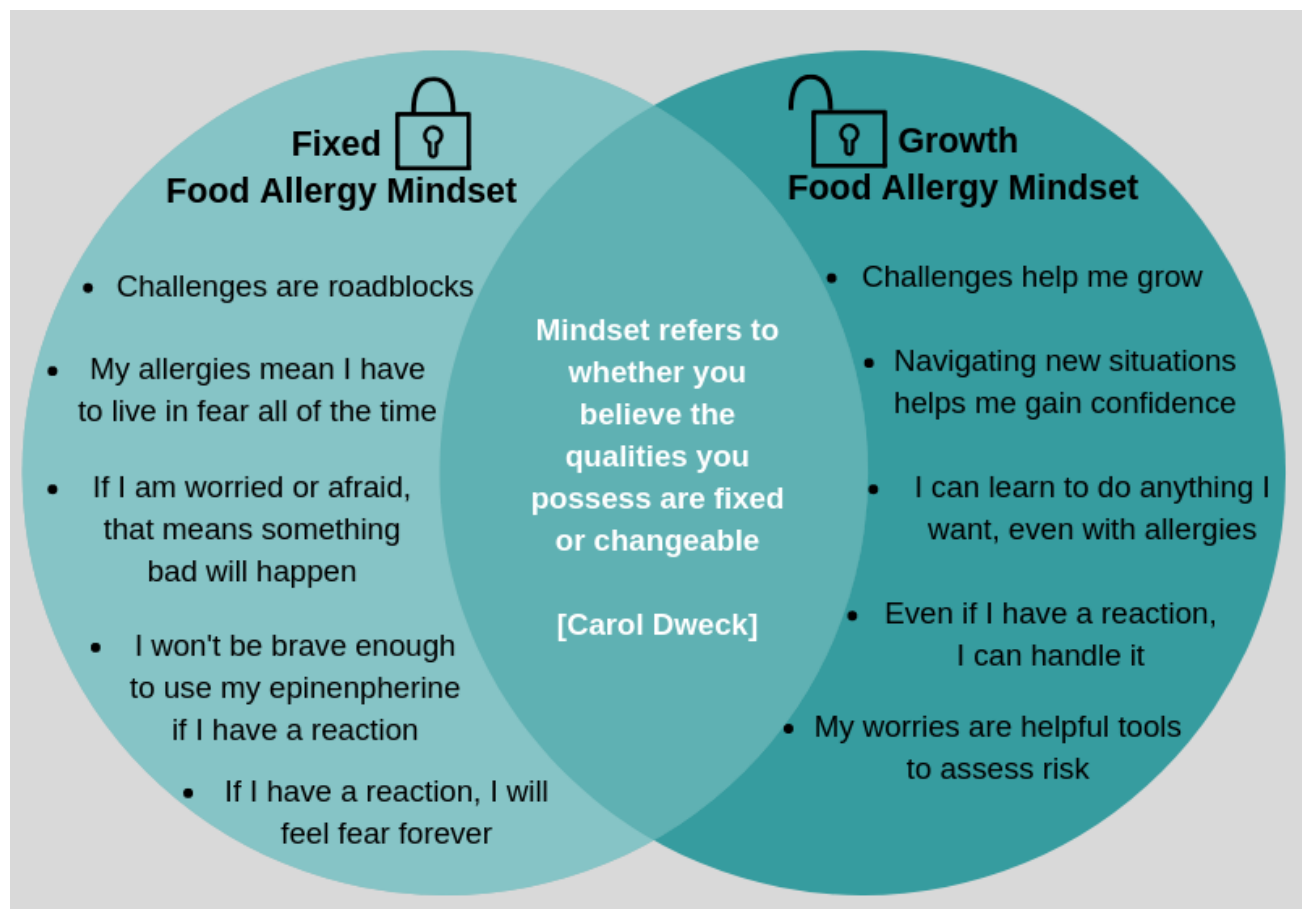


Food Allergy "Mindset Matters" Activity

Understanding your mindset helps in the management of food allergy fears



THE FOOD ALLERGY COUNSELORTM

Tamara Hubbard, MA, LCPC www.FoodAllergyCounselor.com
Twitter: @TamaraTweets; @Instagram: @Counselor_Tamara

Mindset, a concept created by Carol Dweck, PhD, refers to whether you *believe the qualities you possess make you capable of handling tough situations.*

When wearing "*fixed mindset*" glasses, you're more likely to believe that you're not able to deal with tough situations or choices.

With "*growth mindset*" glasses on, you're better able to envision yourself getting through roadblocks standing in your way.

So, what is YOUR overall food allergy mindset ?

Directions:

Use the Food Allergy Mindset Venn Diagram as an example as you explore your own food allergy mindset. Then create your own using the space below.

For more information: www.FoodAllergyCounselor.com/blog/category/mindset

