Food Allergy "Mindset Matters" Activity

Understanding your mindset helps in the management of food allergy fears

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