Grit – Don’t Quit!
Wellness Workshop

Taught by the Harris Health Employee Wellness Team
Announcements & Reminders

All Employee Wellness activities will be online in June. Check out Healthy@Harris Happenings and the Employee Wellness website to see the June schedule!

Educational Resources for classes can be found on our website.

Premium Points - You can only receive credit for one Wellness Class and one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for classes/workshops you have already completed.

Other Resources:
Employee Assistance Program – available for all HHS employees and eligible family members
• www.feieap.com
• 800-638-3327
• Username: hhs
Outline

• What is “Grit”?
• Why is Grit Important?
• Grit and Wellness
• Grit and Mental Toughness
• How to Develop a Growth Mindset
• Summary
What is Grit?

Passion and perseverance in working toward significant long-term goals.
Angela Duckworth, Psychologist and Researcher at the University of Pennsylvania, explains the concept of grit and its role in helping develop mental toughness.
Why is Grit Important?

“'

It's not that I'm so smart, it's just that I stay with problems longer.

~ Albert Einstein

further.net
Grit and Wellness

What are some ways you can use grit to become:

• Physically fit?
• Eat healthier?
Grit and Mental Toughness
Develop a Growth Mindset

• Explore
• Develop Your Passion
• Practice Deliberately
• Focus on Purpose
• Challenge yourself and Be Willing to Fail
Summary

• Grit requires perseverance.
• Having grit improves your overall success in achieving your goals.
• Grit comes down to your habits. It’s about doing the things you know you’re supposed to do on a more consistent basis. It’s about your dedication to daily practice and your ability to stick to a schedule.
• To develop grit, give yourself time to explore your interests, develop your passion and pursue it!
Resources

Increasing Your Grit

- Positivepsychology.com
- TedTalks
- YouTube
- Motivational speeches/Testimonials
- James Clear Blog

Stress Management

- Employee Assistance Program
  - Online: www.feieap.com,
  - 800-638-3327
  - Username: hhs
- Well Powered Living
- Cigna Behavioral Health
  - Visit myCigna.com or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at 800.274.7603.
  - Go to Cignabehavioral.com for extra resources.
- Coaching
  - Telephonic coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy
    - Office: 713-873-6407
    - Latecia.Murphy@harrishealth.org

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Increasing Your Grit

Stress Management
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Visit our internet site!