



**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

# Grit – Don't Quit!

## Wellness Workshop

Taught by the Harris Health Employee  
Wellness Team

**HARRISHEALTH SYSTEM**

# Announcements & Reminders

- All Employee Wellness activities will be online until further notice. Check out Healthy@Harris Happenings and the Employee Wellness website to see the schedule for each month!
- Educational Resources for workshops can be found on our website.
- **Premium Points** - You can only receive credit for one Wellness Class, one Wellness Workshop and one Healthy Knowledge Seminar per day. You will not receive credit for classes/workshops you have already completed.

# 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?

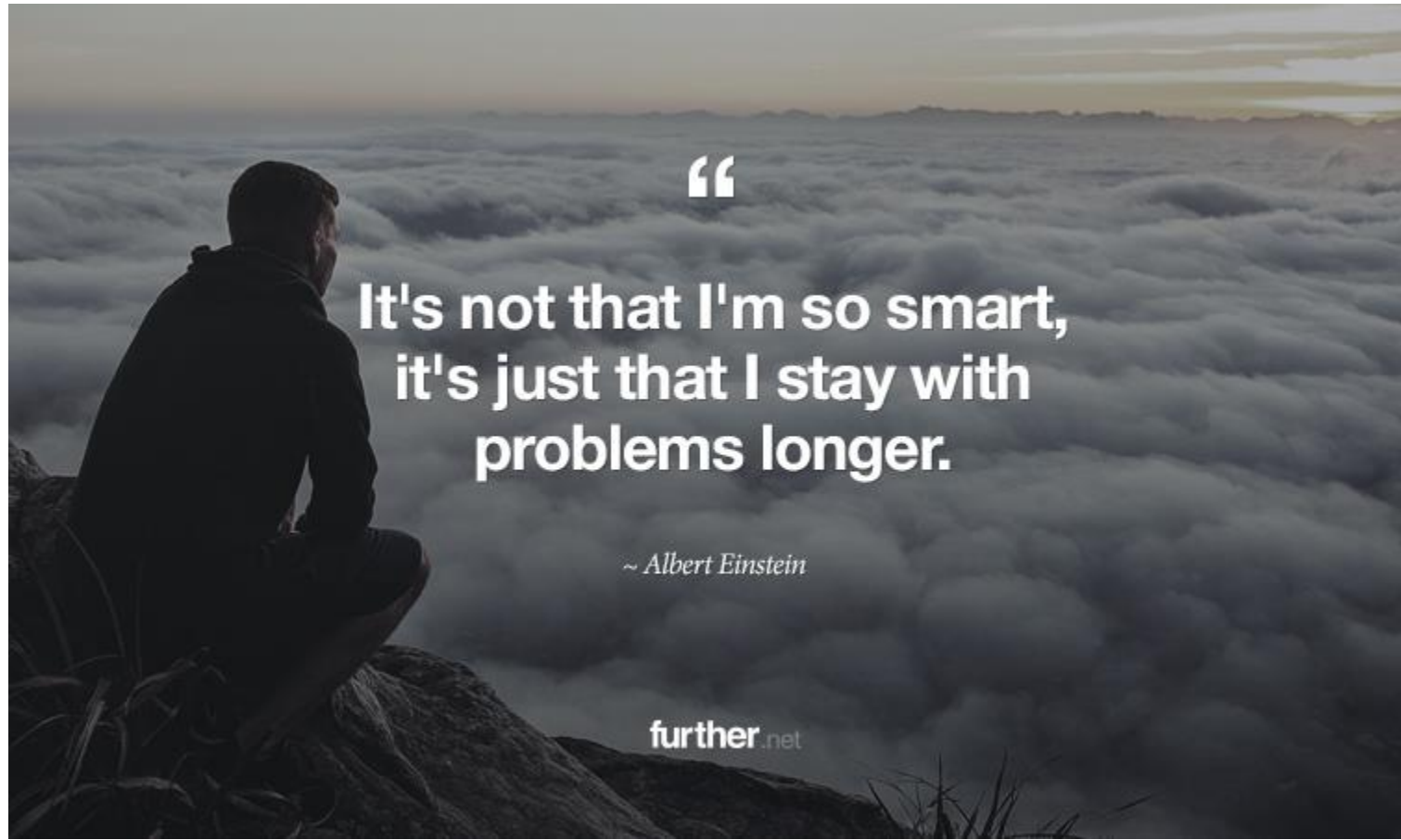


Passion and perseverance in working toward significant long-term goals.

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?

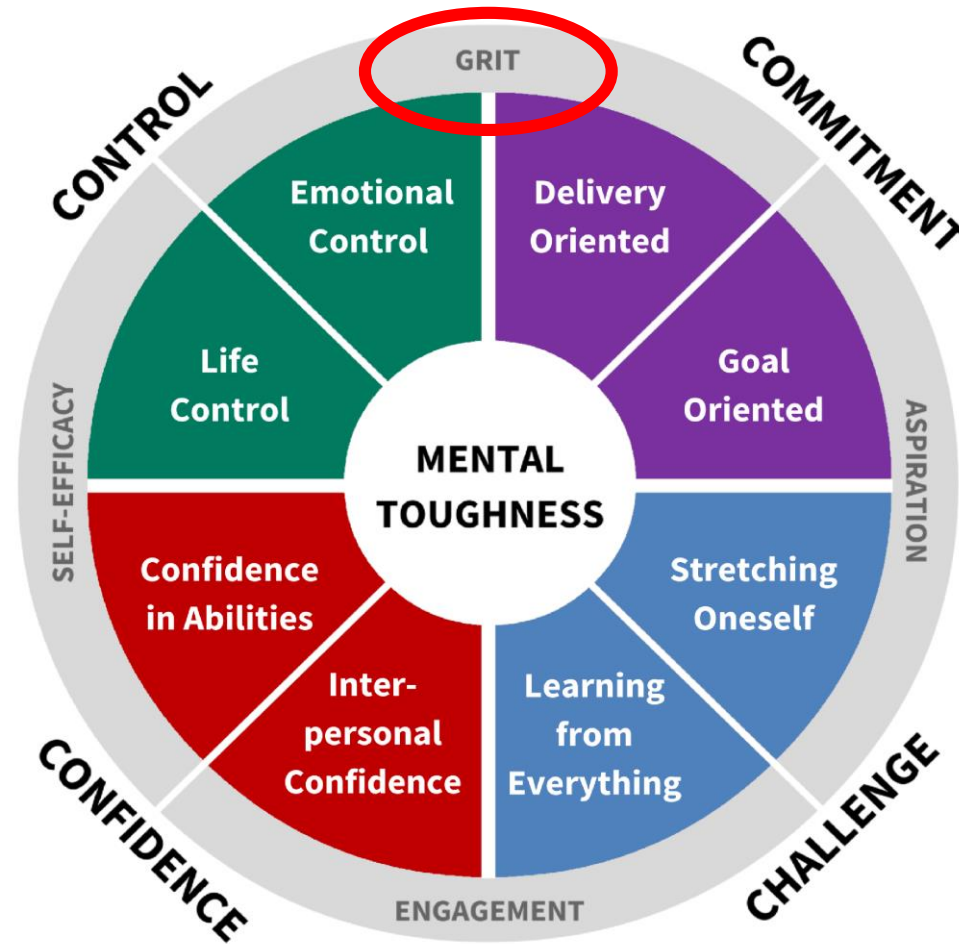


# Grit and Wellness

- 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](https://www.positivepsychology.com)
- [TedTalks](#)
- [YouTube](#)
- Motivational speeches/Testimonials
- [James Clear Blog](#)

## Stress Management

- Employee Assistance Program
  - Online: [www.feieap.com](http://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](mailto:Latecia.Murphy@harrishealth.org)

Contact Us!

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#1 in Texas

