

<i>Positive mental health</i>	<i>Problems with mental health</i>

Able to manage your feelings.

Have a growth mindset and aim to fulfill your potential.

Have a fixed mindset and find it hard to recognise your potential.

Can find it harder to form and maintain positive relationships with others.

Possibly has a mental illness.

Resilient.

Have a growth mindset and aim to fulfill your potential.

Find it hard to recognise how you are feeling.

Find it hard to manage your emotions.

Able to cope with change and uncertainty.