



## Grow My GRIT Podcast Episode 6: GRIT and Mental Health for Teenagers

Using Kim's list of strategies for supporting teenagers, which one will be easiest for you to implement with the young people in your life?

Which one will be hardest?

Make separate lists of any young people in your life who will benefit if you:

- focus on their growth potential
- encourage them to be reflective
- honour their individuality
- make space for their transitions

**Bonus #1 - Is there a sentence or thought you wish you could unhear because it makes you feel as though you could/should change something about your way of being or your way of doing things in the world?**

**Bonus #2 – Did a question you've been avoiding come up in this episode? How will you answer the question if you're ready?**

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