

The FGPS Mindset Mastery Framework to Prevent Mental Exhaustion and Promote Psychological Resilience

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INTRODUCTION

In uncertain times, it is imperative that as individuals we incorporate habits, routines and coping mechanisms that empower our bodies and our minds in order to better manage stress, prevent burnout and become resilient. The FGPS Framework gives individuals the roadmap to psychological resilience and overall mental wellness by incorporating daily habits, routines and coping mechanisms to optimize their mindset and promote psychological resilience.

AIM:

- Participants will learn the four pillars of the FGPS framework: (1) controlling your focus, (2) nurturing a growth mindset, (3) feeding your mind with positivity, and (4) incorporating self-love practices daily. These four pillars will be discussed in depth.
- Participants will explore the interplay between daily mindset habits, routines and coping mechanisms and psychological resilience.
- Participants will be convinced that daily mindset work is key to staying psychologically resilient to stress, challenges and setbacks.

MATERIALS AND METHODS:

The FGPS Mindset Mastery Framework was developed by the speaker in order to help her prevent burnout and allow her to stay in peak psychological state despite the chronic stress that permeates her life as the mom to a severely autistic young adult. The FGPS Mindset Mastery Framework is a collection of some of the best self-care and mindset optimization strategies and tools the speaker has acquired from some of the best personal development and high-performance experts on the planet as well as her own personal transformation.

RESULTS:

The FGPS Mindset Mastery framework which the speaker teaches to her clients all over the world is a powerful methodology that can be practiced daily and with ease by anyone who is feeling overwhelmed and mentally exhausted. Using this method, the speaker has been able to transform her life and has learned how to bounce back quickly from setbacks and deal with challenges and stressful situations efficiently.

CONCLUSIONS:

It is possible for all of us to become psychologically resilient but we must be intentional about incorporating daily habits and coping mechanisms that will strengthen our mindset and build psychological resilience. This will allow us to not only survive but thrive in all areas of our lives.

KEYWORDS:

psychological resilience, mindset, growth mindset, logic, stress resilience, self-care

BIOGRAPHY:

Claudia Taboada is an author, speaker, stress resilience expert, women's empowerment coach and founder of Unstoppable You Wellness which empowers burned out women reclaim their health and rediscover their spark. Her memoir "Burnout to Unstoppable" details her transformational journey from a burned-out autism mom who lost her identity to the self-actualized woman that she is now. Her second book "Stop Motherhood Burnout: Self-Care Habits to Become Stress Resilient and Unstoppable" will explore in detail the self-care, mindset optimization and stress reduction strategies that transformed her life and are now part of her proprietary process the "H3MJPC Self-Care and Stress Resilience Method". She coaches and teaches these strategies to women all over the world.

