



Spotlight on...

THE GIFT MINDSET

This buzzy new way of thinking might help you find peace



Ada Nicodemou and her son Johnas, eight, are feeling the love.

If you find challenging situations make you feel bogged down or overwhelmed, adopting a “gift mindset” might help you live with deeper self-awareness.

According to Renee Giarrusso, communication and leadership expert, these lessons or “gifts” may fall into any of the key 12 gifts: resilience, connection, forgiveness, growth, change, optimism, contribution, empathy, curiosity, courage, re-energising or gratitude.

FIND THE GIFTS

“In the British game pass the parcel, a neatly wrapped newspaper parcel makes its way around a circle of excited kids,” says Renee. “Each child takes their time passing

on the parcel, hoping the music stops so they can remove the next layer to expose a small gift. The biggest gift is always saved for the end. Not getting a gift was resilience-building and having to unwrap each layer brought you closer to the main prize – the real gift.”

She notes that in life, challenging situations are like playing pass the parcel: the gift in the situation is never usually planned, clear or accepted in the moment.

SELF-AWARENESS

Whether facing a challenge or a success, the first step in adopting the gift mindset is to have deeper awareness of the event.

“A crisis or success can send us into a tornado of confusion, denial and defeat,” she says. “By going through the ‘unwrapping’ process, we can peel back the layers and see the gift in a way that serves others and us. In the practice of dealing with any pain or challenge, we can gradually build our strength to handle more.”

ACCEPTANCE

Choose to embrace or just tolerate the situation, rather than totally resisting it. “Taking the path to acceptance allows us to come to a place

of wisdom, perspective and ultimately, change,” Renee explains. “It is about developing a relationship with an experience that is characterised by allowing it to be what it is. Register the presence of difficult feelings and succumb to whatever will happen next.”

ACTION

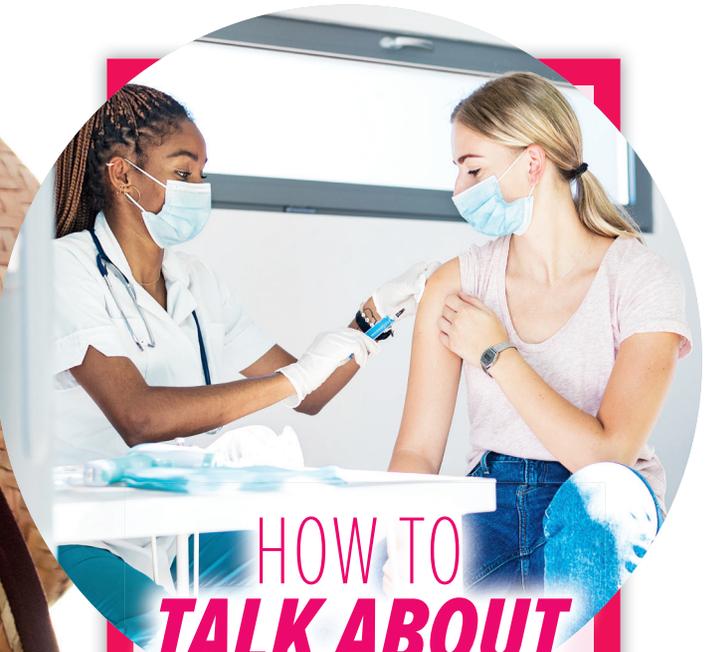
It might feel uncomfortable or difficult, but sharing the lesson or gift with others means you can grow from it. The people you confide in might give you some more perspective, or they could benefit from it themselves.

“We can’t move forward until we learn the lesson, and believe what it means to us personally,” says Renee. “Use risk-taking, making mistakes, or experiencing success as a learning experience. Accept and share – don’t bury it under a rug. By adopting the gift mindset, we get to live our legacy right now by living a life of purpose, connection and contribution.”



Encouraging connection is clearly a priority for Charlize Theron's young family.

Words: Amy Hadley.



HOW TO **TALK ABOUT COVID VACCINES**

Know someone sitting on the fence about getting jabbed? Here's how to ease their minds

IT'S SAFE Australian vaccines are vetted by the Therapeutic Goods Administration, which is our highest authority for medicines and medical devices. Any vaccine approved by the TGA must offer far more benefits than risks, and are continuously monitored.

IT'S EFFECTIVE The TGA carefully assesses the results of clinical trials and the way in which the trials were conducted. It looks at how trials were designed, if they were conducted for a sufficient amount of time and if there were enough participants in the trial that represented the people for whom the vaccine is intended.

IT'S FREE Every person in Australia can receive a free vaccination to protect against COVID-19 – just keep your Medicare details up-to-date. For the latest information on COVID-19 vaccines, visit health.gov.au/covid19-vaccines

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