

# SUMMER

## CAMP 2023



## Improve your cognitive flexibility

Show resilience and cultivate a growth mindset  
to unlock your full potential.



## Cognitive flexibility

Uncertainty, change, periods of crisis, emotional vulnerability... Singing in the rain like Gene Kelly would is not always easy. However, there is one skill that can help you navigate what can sometimes seem like a stormy ocean with your head held high. This skill is cognitive flexibility!

Comprising both resilience and adaptability, it is as useful on a personal level as on a professional one. A true emotional Swiss Army knife, it will be your most faithful ally, allowing you to face uncertainty, accept change, understand and regulate your emotions, change perspective in crisis situations... It will even help you to be a little kinder to yourself, by practising self-care and learning to let go. What better way to make the most of summer?

If this simple announcement has already cured your bruxism, you will be probably be delighted to learn that this skill can be worked on!

Positive psychology, emotional intelligence, individual (and even collective!) resilience, risk measurement... We may not all be equal when it comes to dealing with different emotional states, but we all have the opportunity to learn how to cope with the hazards of everyday life and deal with improvisation and the unexpected.

So don't wait any longer and become the Captain of your Life!

- The Edflex team wishes you a pleasant journey -

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## Linking words

Match each term with its definition.

Example: Sun → Star of the Solar System

- |                        |                       |                       |  |
|------------------------|-----------------------|-----------------------|--|
| Cognitive flexibility  | <input type="radio"/> | <input type="radio"/> | Ability to positively change our own thinking and behaviour                        |
| Self-confidence        | <input type="radio"/> |                       |  |
| Optimism               | <input type="radio"/> | <input type="radio"/> | Belief that you have the resources within you to deal with what is going to happen |
| Self-caring            | <input type="radio"/> |                       |  |
| Emotional intelligence | <input type="radio"/> | <input type="radio"/> | Ability to adapt to new and changing situations                                    |
| Letting go             | <input type="radio"/> | <input type="radio"/> | Taking a step back to see things differently and put them into perspective         |
| Positive psychology    | <input type="radio"/> | <input type="radio"/> | Ability to perceive and understand our own emotions and others'                    |
|                        |                       | <input type="radio"/> | Self-compassion, a positive attitude towards oneself                               |
|                        |                       | <input type="radio"/> | Psychological discipline that aims to focus on our positive potential              |

1. Cognitive flexibility - Ability to adapt to new and changing situations / 2. Self-confidence - Belief that you have the resources within you to deal with what is going to happen / 3. Optimism - Ability to positively change our own thinking and behaviour / 4. Self-caring - Self-compassion, a positive attitude towards oneself / 5. Emotional intelligence - Ability to perceive and understand our own emotions and others' / 6. Letting go - Taking a step back to see things differently and put them into perspective / 7. Positive psychology - Psychological discipline that aims to focus on our positive potential

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# Crossing Calm Waters

## In a nutshell...

Needless to say, cognitive flexibility is an everyday task, and some people will achieve this skill more easily than others.

However, a few psychological exercises on a daily basis should help you slowly recalibrate the way you talk to yourself and better recognise your inner signals.

Your brain and your heart already know what you need; all you have to do is listen to them!

Don't hesitate to keep our content selection on hand to help you master the principles of cognitive flexibility.

## Surfing uncertainty and embracing change

Life is full of unforeseen events, changes of route that will force you to improvise and crisis situations, whatever they may be, that you will have to face and overcome. There is no denying that. But it is not an end in itself.

When the waves are low, use your cognitive flexibility and self-confidence to face up to the challenges. This is the time for you to analyse the situation, assess the risks and take a step back from the actions that are within your grasp... and those that are not.

Your ability to change perspective will also be an asset, enabling you to transform anxiety, fear or stress into positive energy in front of what could also be an opportunity.

## Self-awareness vs. self-control?

Contrary to some preconceived ideas, self-control does not mean closing yourself off to your emotions. Quite the opposite, being emotionally intelligent, listening to the cognitive signals your body sends you, is essential if you are to act in the best possible way, in line with your values and your needs.

Feeling sad? Your mind is urging you to act on a feeling of emptiness. Anger? Your values are probably not being respected... Fear? This is an emotion of anticipation in the face of an explicit or imaginary danger; think about this potential threat and take action to protect yourself. The answers are in your hands!

Whatever the situation, remember that the most important thing is to **be kind to yourself** (and to others!). If you do your best every day, you already have a lot to be proud of!

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