



Mood Tip Sheet

The transition from school or work into university life is often accompanied by challenges for young people, such as working out your identity, your study and career options, and forming friendships and personal relationships. The importance of emotions in learning is well acknowledged in education science¹. Developing emotion regulation strategies will help you to keep calm and positive during these challenges. The **GRUNT** Wellbeing Program aims to increase skills for emotional, social, psychological, and physical wellbeing of young people.

GRUNT (short for Growing Resilience in Undergraduates with Novel Techniques) was developed by Dr Zoe Walter and Professor Leanne Hides (School of Psychology, UQ), and is a 4-session online version of the evidence-based GRIT program that has been used with young people in the community and in health services².

The program begins by teaching you about the **mind-body connection**, and how to stay within the present moment by learning to **breathe, ground, centre and focus** to increase your self-, body-, and emotional awareness. Students are then provided with **feedback on your strengths** to build your **confidence and positive self-identity**. Students are encouraged to explore how to express and enhance these strengths in everyday life.

The **GRUNT** course is FREE for first year UQ students, and groups will start in week 3 and later in the semester. Sign up now: info@sharperminds.university

N.B. If you are enrolled in PSYC1030 or NEUR1020, you can earn up to 6 credits research participation. Sign up via the SONA system <https://uqpsych.sona-systems.com> and look for the Sharper Minds project listings.

¹ Pekrun, R. (2017). Emotion and Achievement During Adolescence. *Child Development Perspectives*, 11(3), 215–221. <https://doi.org/10.1111/cdep.12237>

² Quinn, C. A., Walter, Z. C., de Andrade, D., Dingle, G., Haslam, C., & Hides, L. (2021). Controlled trial examining the strength-based Grit Wellbeing and Self-regulation Program for young people in residential settings for substance use, (under review)