

Resilience Skills for Everyday Life!

About:

To understand the concept of resilience and its significance in everyday life, identify sources of stress and adversity and learn strategies for building resilience through self-care and support systems.

Module 1: Introduction to Resilience

- Definition and importance of Resilience
- Key factors that affect resilience and how it can be demonstrated

Module 2: Understanding Stress and Adversity

- **Stress:**
 - Definition of stress and discuss common sources of stress in daily life
 - Identifying the signs of stress
 - Discuss the physical, mental and emotional effects of stress
- **Adversity:**
 - Definition of resilience
 - Discuss on how adversity affects resilience
 - Difference between stress and adversity

Module 3: Building Resilience through Self-Care and Support Systems

- **Building Resilience through Self-Care:**
 - Importance in building resilience
 - Identify different types of self-care individuals can adopt
- **Building Resilience through Support Systems:**
 - Explain the role of social support in resilience
 - Discuss the different types of support systems (family, friends, community)
- **Developing a Resilience Plan:**
 - Identify the individual's key stressors
 - Create self-care strategies to better manage stress

- ✓ **Duration: 4 hours**
- ✓ **Group size: 10 to 40 persons**
- ✓ **Cost: \$120 per person (before GST)**
- ✓ **Mode of delivery: On-site**