

Your Resilience, Your Power

Introduces the concept of resilience and describes how it can be learned and developed over time. The module introduces the five domains of resilience (purpose, self, connections, body and mind), and allows the user to analyse their current levels of resilience in each of these areas.

Purpose

This module focuses on the purpose, meaning and values component of resilience. The aim of this module is to help the user to understand and identify their values and what matters most to them in life. This module also addresses passions and introduces the concept of flow.

Self

This module focuses on one of the core domains of resilience – self-esteem and self-worth. The user is encouraged to identify their strengths and find ways use them, aligning them to the values and passions they uncovered in the previous module.

Connections

Maintaining healthy personal relationships and achieving a sense of belonging are crucial to resilience. This module allows the user to reflect on their current networks and learn techniques for improving specific types of relationships.



Scan to Sign up

Body

This module focuses on some of the more physical aspects of resilience and explores how a healthy lifestyle can improve your well-being. The user learns how sleep, exercise and diet are the core components of a healthy lifestyle, and they are given tips for creating good habits in these areas.

Mind

This module focuses on thoughts and offers balanced optimism and gratitude as alternatives to negative or distorted thinking. The user learns about the various consequences of pessimistic and optimistic thinking and is introduced to the benefits of balanced optimism.

Moving Forward, Making Plans

This module prepares the user for coming to the end of the programme and focuses on active coping methods for dealing with problems. The value of problems is discussed and users learn that having control over a problem can affect the way you deal with it.



MODULE	KEY TOPICS	GOALS	TOOLS
Your Resilience, Your Power	<ul style="list-style-type: none"> • What is resilience? • The 5 domains of resilience – Purpose, Self, Connections, Body & Mind • Personal stories • Introduction to Mindfulness 	Learn how resilience can enhance your well-being and effectiveness	<ul style="list-style-type: none"> • My Resilience Star • Goals Tool • Mindfulness - Breathing exercise
Purpose	<ul style="list-style-type: none"> • Identifying your values • Identifying your passions & flow • Living a life with purpose • Life roles and achieving balance in life areas (Work, Connections & Self) • Adding meaning to life roles • Personal stories 	Identify your values, passions and what matters most to you in life	<ul style="list-style-type: none"> • My Values • My Passions • My Life Roles • Mindfulness – Body scan exercise
Self	<ul style="list-style-type: none"> • Psychoeducation regarding self-esteem • Identifying and using your strengths • Importance of self-compassion and how to increase compassionate self-talk • Personal stories 	Appreciate your strengths and learn to practice self-compassion	<ul style="list-style-type: none"> • My Strengths • My Signature Strengths • Changing My Self-talk • Mindfulness – Compassionate companion
Connections	<ul style="list-style-type: none"> • Importance of having strong relationships & communities • Tips on how to improve personal relationships and build communities • Psychoeducation regarding communication styles • Tips to improve communication - active listening, appreciation, forgiveness • Personal stories 	Nurture your relationships and engage in your community	<ul style="list-style-type: none"> • My Connections • Mindfulness – Sounds exercise
Body	<ul style="list-style-type: none"> • Tips for a healthy body (sleep, exercise & diet) • Tips for getting motivated and implementing lifestyle changes (behavioural activation) • Personal stories 	Focus on your health by eating well, becoming physically active and getting enough rest	<ul style="list-style-type: none"> • Healthy Lifestyle Quiz • Sleep, Exercise and Diet Tips List Apps • Lifestyle Choices Chart • Mindfulness – Mindful eating and progressive muscle relaxation
Mind	<ul style="list-style-type: none"> • The benefits of balanced optimism • Noticing, evaluating and changing your thinking to be more balanced and optimistic • Creating a gratitude habit • Personal stories 	Build the habit of balanced optimism and being grateful for what you have	<ul style="list-style-type: none"> • Balanced Optimism Tool • Gratitude Letter • Gratitude Journal • Mindfulness – Watching thoughts
Moving Forward, Making Plans	<ul style="list-style-type: none"> • Viewing problems in a new light • Active coping - problem solving vs coping • Problem solving step by step • Reviewing progress since starting the programme • Personal stories 	Learn tips on how to use the concepts and ideas you have learned in your daily life	<ul style="list-style-type: none"> • Problem Solving Tool • Mindfulness - Breathing exercise