



# TEACH RESILIENCE TRAINING GUIDE

Piloting with trainers

# Learn to **Cope** and Grow - Resilience training

Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

Following are strategies to build resilience;

- Build your connections
- Foster wellness (mind and body)
- Find purpose
- Embrace healthy thoughts
- Seek help

These strategies form the basis of the COPE training.

Resource: American Psychological Association, 2022

# TEACH RESILIENCE training guide

The guide provides adult educators with information and methodologies on how to help adult learners develop following attitudes to build resilience:

1. Prioritizing own health (mental and physical) & recognizing that resilience can be learned
2. Social and emotional learning
3. Coping: analyzing the cause of the problem or negative feelings and planning corrective actions in terms of solving the problem or reducing the negative emotional consequences
4. Self-efficacy: being creative and trusting themselves to find a solution
5. Optimism & Self-compassion

# TEACH RESILIENCE methodology

The TEACH RESILIENCE is built on participatory and flipped learning as participants are responsible for their own process and get support from trainers in their self learning and discovery.

One module is allocated to each attitude and the training is set up as 5 weeks, introducing one model per week. Each chapter will include learning objectives and descriptors as well as reference to relevant exercises/training materials, references, and further reading.

A lesson plan for 6 days is provided in the end of each chapter to further prepare the training and link it with relevant exercise for each day. Allocated time for each day is 20-30 minutes plus homework.

The training can be implemented in many ways. It can be online with input from trainers every day or weekly for all the exercises or face to face weekly or daily, although always focusing on homework and self-learning.

Reference and further reading is included for each module for further reading to understand better theoretical background and approaches.

# PRACTICE RESILIENCE exercises

The TEACH RESILIENCE training guide is linked to PRACTICE RESILIENCE exercises that can be used both for adult training and as a self learning tool.

Based upon the training guide a set of 6 exercises (days) is set up for each of the 5 modules.

**It is important that participants do not only read the exercises but document their involvement in the training in a diary.**

Most exercises are not directly related to one day as the objective of the training is to built up good habits that will then become part of everyday life.



# Module 1 Prioritizing own health

## Lesson

Introduction: How do I spent my time? Make time for healthy choices

1. Physical exercise
2. Healthy diet
3. More exercise
4. Sleep routine and habits
5. Sugar intake
6. Stress reduction

## Exercises

Participants map their time (draw a clock) and get exercises/homework to prioritise their health:

1. Planning physical exercise
2. Log your diet and replace unhealthy with healthy
3. Find ways to move more in your daily life
4. Try different methods for improving sleep
5. Monitor and reduce sugar intake 40%
6. Use meditation and mindful walking



# Module 2 Social and emotional learning

## Lesson

Introduction: The CASEL wheel and its application

1. Self-awareness
2. Self-management
3. Responsible decision making
4. Good relationship skills
5. Social awareness

## Exercises

Participants get exercises and homework to enhance social and emotional learning:

1. SWAN exercise and worksheet
2. Mental chatter exercise and worksheet
3. Think twice and make clever choice
4. Do things for others in the real world
5. Give time and attention to people in need



# Module 3 Coping

## Lesson

Introduction and using the mood meter – how are you feeling.

1. Emotional literacy
2. Intervene and take control of our thoughts
3. Ways to deal with adversity
4. ABS model and behavioural contingencies
5. Negative bias (3/1)
6. Mindfulness and wellbeing

## Exercises

Participants do different exercises and homework to enhance their coping skills and attitudes

1. How do you feel – the weather report exercise
2. Applying the Mood meter and defining triggers
3. Use the Emotional Hijack worksheet
4. Work with the Contingency plan worksheet
5. Defining things that bring you joy
6. Emergency calm practice in stressful moments



# Module 4 Self-efficacy

## Lesson

Introduction on self-efficacy and character strengths

1. Self efficacy
2. Personal/character signature strengths
3. Develop your strengths
4. Challenge yourself
5. Effects of motivation

## Exercises

Participants do different exercises and homework to enhance their self-efficacy

1. Apply the self-efficacy scale
2. Use the VIA character strength survey to identify 5 signature strengths
3. Identify bottom 3 strengths and develop
4. Challenge your brain – colour game
5. Judgement “good things, bad things – let’s see” worksheet
6. Self-control and coping exercise



# Module 5 Self-compassion

## Lesson

Introduction to Martin Seligman and Brené Brown and the self-compassion scale.

1. Self-compassion and self compassion scale
2. Optimism in the face of adversity
3. The effects of gratitude
4. **Mindfulness**
5. Self-kindness
6. Humanity

## Exercises

Participants do different exercises and homework to enhance their self-compassion

1. Self compassion exercises – treat yourself as a good friend
2. The Best possible future exercise
3. **Connect with nature**
4. Write a gratitude letter
5. Self-love exercise
6. Hugging someone



WE WANT YOUR FEEDBACK