

NEWSLETTER 2

RESILIENCE PROGRAM



To help you cope better in times of adversity, we have created this program which contains 5 modules. Go through it and move forward confidently in this unsettled and unpredictable world by addressing volatility, uncertainty and complexity.



1. PRIORITIZE YOUR OWN HEALTH

In this module you will learn more about the 3 main healthy life ingredients: eat healthy, exercise more and sleep better.

2. SOCIAL AND EMOTIONAL LEARNING

In this topic you will be focusing on self-awareness, self-management, responsible decision making, relationship skills and social awareness.



3. COPING

In this module we will be focusing on emotional literacy, meditation, dealing with hardship, how to offset negative events and recover quicker.

4. SELF-EFFICACY

Here you will learn how to: find and use your character strengths, take care of your brain, work with judgement, look at the bigger picture and build self-control.



5. OPTIMISM AND SELF-COMPASSION

In this module you will be focusing on strategies that can help to boost positivity and increase life satisfaction like: gratitude, finding meaning/purpose, savouring, self-love etc.



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The program is created by:

