



Roadmap to Resilience

peoplecare.GLOBAL



Roadmap to Resilience

TABLE OF CONTENTS

SESSION 1

Introduction to Resilience

SESSION 2

Readiness for Change

SESSION 3

Understanding Stress

SESSION 4

Signs and Symptoms

SESSION 5

Mind-Mood Matrix

SESSION 6

Foundational Pillars

SESSION 7

Emotional Regulation

SESSION 8

Thought Patterns

SESSION 9

Mental Management

SESSION 10

Dealing with Despair

SESSION 11

No pressure

Roadmap to Resilience

INSTRUCTIONAL GUIDE

Roadmap to Resilience is an educational program designed to help participants achieve their full mental health potential. This program draws from the best of empirical research and theological insights to help participants master their mental and emotional wellbeing. Mental Health speaks of a person's capacity to think critically; to evaluate, appraise and effectively solve problems.

BACKGROUND

The Roadmap to Resilience program provides you with strategies grounded in research for building your mental health and emotional well-being. There are seasons of life that can be significantly more challenging than others. Yet even though the winds of life can blow us around, when we develop emotional resilience strategies, we can take ownership of our life, master our mind and live life to our fullest potential.

GETTING STARTED

The Roadmap to Resilience program is designed to be completed by individuals. However, research suggests that learning is best consolidated through 'talking'. As such, you may wish to complete this program with a trusted friend or family member, or in a more formal small group setting. Start each session by watching the relevant online video. Feel free to pause the video at any time to reflect on or discuss key points. Activity worksheets provide a summary of key points and serve to reinforce lessons on cultivating resiliency.

DISCLAIMER

This program is all about **education** and **practical action**. While the Roadmap to Resilience program may provide you with practical tools that will empower your well-being journey, please be aware, this program **DOES NOT** constitute therapy or counselling. At no stage will you be asked to "lie down on a couch...". Instead, the aim of this program is (i) to equip you with practical knowledge, skills and resources, and (ii) empower you with life-changing resiliency strategies to make informed decisions and choices about the way you think, feel and behave.



NOTE: PROFESSIONAL CARE: If at any time during the course of this educational program you feel emotionally overwhelmed or concerned about your psychological health, seek immediate assistance from a qualified mental health professional.

Introduction to Resilience

ACTIVITY SHEET



This Roadmap to Resilience program has been designed to help you achieve your full mental health potential. This educational program draws on the best of empirical research and theological insights; combining the best of science and scripture to help you develop mastery of your mental and emotional wellbeing.



PROGRAM DESIGN AND OBJECTIVES SUMMARY


**The ROADMAP TO RESILIENCE program
is designed to help you:**

- (a)** establish healthy foundations for personal well-being
- (b)** develop emotional resilience skills
- (c)** improve thought function and mental health

Mental Health vs Mental Illness

When going through the ups and downs of life, it is normal to experience a range of emotions. However, positive emotions do not represent mental health no more than negative emotions represent mental illness. There's more to emotional wellbeing than just feeling happy or sad. Your level of 'health' is largely reflective of your ability to 'function'.

If your ability to 'function' is compromised, you may end up experiencing a cluster of psychological symptoms that may be unhelpful, hurtful and harmful. Beyond just feeling down, thoughts can be chaotic, behaviours deconstructive and relationships jeopardised.

A photograph of three young women laughing and running on a wooden deck outdoors. The woman on the left is wearing a grey t-shirt with a cartoon character and blue jeans. The woman in the middle is wearing an orange t-shirt. The woman on the right is wearing a dark blue floral patterned top. The background shows a city skyline under a cloudy sky.

“MENTAL HEALTH IS A STATE OF WELL-BEING IN WHICH AN INDIVIDUAL REALIZES HIS OR HER OWN ABILITIES, CAN COPE WITH THE NORMAL STRESSES OF LIFE, CAN WORK PRODUCTIVELY AND IS ABLE TO MAKE A CONTRIBUTION TO HIS OR HER COMMUNITY.”

WORLD HEALTH ORGANISATION

How's your level of functioning?

“Mental illness is generally characterized by a combination of abnormal thoughts, perceptions, emotions, behaviour and relationships with others.”

WORLD HEALTH ORGANISATION



1. CURRENT FUNCTIONING:

In the bar graph below, shade in your **current level** of functioning for each category.

2. FUTURE FUNCTIONING:

Once complete, re-rate yourself, and identify **how you would like to be** functioning in each category by the end of this program.

High Level Functioning					
Healthy Functioning					
Moderate Functioning					
Restricted Functioning					
Low Level Functioning					
	Thoughts	Emotions	Behaviours	Relationships	Spirit/Faith

Q: Which of the above categories requires your greatest attention? Why?



From the list below, identify areas of **Healthy Functioning** that you may already possess:

Managing emotions	Perceiving the needs of others	Creative and artistic thinking
Making wise decisions	Patience and perseverance	Learning and memory precision
Compassion towards others	Problem solving	Pursuit of righteousness
Exercising self-control	Appreciative and grateful	Maintaining responsibilities

Q: In which areas (listed above) would you like to improve your level of functioning?

A young woman with long dark hair, wearing glasses and a pink sweater, is smiling and painting a canvas in an art studio. She is holding a paintbrush and looking towards the camera. The background is a blurred art studio with various painting supplies.

a process of ‘bouncing back’

**FROM DIFFICULT
EXPERIENCES AND
‘ADAPTING WELL’
IN THE FACE OF
ADVERSITY, TRAUMA,
TRAGEDY, THREATS OR
SIGNIFICANT SOURCES
OF STRESS.**

Emotional Resilience

Resiliency doesn't mean you are **immune** to or **not affected** by negative life events. Rather, it's acknowledging that you may be affected by challenging circumstances, but with a healthy foundation, you can cope, readjust and continue to thrive.

How long do you think it would take you to 'bounce back'?

You missed the bus or train and now you'll be late

You dropped and smashed your brand-new smart phone

You fail an important exam


You lose your job, or your business fails

You are betrayed by a loved one

Minutes	Hours	Weeks	Months	Years

Obviously, the more critical the incident, the greater impact it can have on your life. However, thanks to clinical studies, science is confirming what scripture has been declaring for thousands of years; that your mental health and emotional well-being is not controlled by mere circumstances. Rather, the thoughts you think and the choices you make can bring about transformation in your life. The more resilient you become, not only can the impact of adverse life events be diminished, the time it takes you to 'bounce back' can also be reduced.





MENTAL HEALTH AND ILLNESS CAN BE REPRESENTED ON A SPECTRUM. IN YOUR 'FUNCTIONING ZONE' IT'S NORMAL TO EXPERIENCE A RANGE OF EMOTIONAL STATES (RANGING FROM SADNESS, WORRY AND FRUSTRATION TO JOY, EXCITEMENT AND PEACE). IT'S NOT YOUR EMOTIONAL STATE THAT DETERMINES YOUR HEALTH, RATHER YOUR LEVEL OF EMOTIONAL RESILIENCE.

as resilience increases, so does your capacity for mental health and emotional well-being.