

# 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

# No pressure

## ACTIVITY SHEET



If a building's fire alarm sounds, our natural inclination is TO RUN. But just like the famous proverb says, "there's a way that seems right to a man, but in the end, it leads to death". In case of an emergency, the first thing you will hear any official say is "please remain calm". The instruction will be walk, not run, because, contrary to our human nature, the slower we go, the faster we'll get there.



### SESSION OBJECTIVES

**This session is designed to help you understand:**

- (a) how to become an emergency 'first responder'
- (b) how to replace human nature with second nature
- (c) the overall framework for sustainable mental health

# Warning Signs

Every now and again, you will find yourself in a stressful circumstance where your brain will want to sound the emotional emergency alarm. However, not all emergencies are equal. In fact, some can be false alarms. Therefore, it's important to recognise the warning signs. You will have your own unique red flags. By becoming aware of what your specific warning signs are, you'll be better positioned to become an emergency 'first responder' - knowing the most appropriate response to implement. Warning signs can appear in three different forms: physical, psychological, and behavioural.

**IN THE SAME WAY A RED OR FLASHING LIGHT ON THE DASHBOARD OF A CAR IS A SIGNAL THAT COMMUNICATES TO THE DRIVER WHAT THEY NEED TO PAY ATTENTION TO, YOUR INTELLIGENT BODY FLASHES WARNING SIGNS WHEN YOUR FRUSTRATION THERMOMETER IS GETTING TOO HOT, WHEN YOU HAVE AN EMOTIONAL FLAT-TYRE OR WHEN YOU ARE GETTING LOW ON OXYGEN.**





## PHYSICAL

Place a ✓ next to factors that relate to you

Tiredness or sleeplessness	<input type="checkbox"/>	Rapid heart rate	<input type="checkbox"/>
Stomach discomfort	<input type="checkbox"/>	Sweaty hands	<input type="checkbox"/>
Tense shoulder/neck muscles	<input type="checkbox"/>	Blushing face	<input type="checkbox"/>
Nausea	<input type="checkbox"/>	Constant need to use the toilet	<input type="checkbox"/>

## PSYCHOLOGICAL

Place a ✓ next to factors that relate to you

Helpless and hopelessness	<input type="checkbox"/>	Negative thoughts	<input type="checkbox"/>
Incessant worries	<input type="checkbox"/>	All or nothing thinking	<input type="checkbox"/>
Frustration or aggression	<input type="checkbox"/>	Self-loathing	<input type="checkbox"/>
Feeling overwhelmed	<input type="checkbox"/>	Critical of others	<input type="checkbox"/>

## BEHAVIOURAL

Place a ✓ next to factors that relate to you

Difficulty resting	<input type="checkbox"/>	Procrastinating	<input type="checkbox"/>
Losing patience	<input type="checkbox"/>	Avoiding responsibilities	<input type="checkbox"/>
Getting into fights	<input type="checkbox"/>	Being on edge	<input type="checkbox"/>
Withdrawing socially	<input type="checkbox"/>	Obsessing over things	<input type="checkbox"/>

# Emergency 'First Responder'

Our body's natural alarm warns you when action needs to be taken. Overheated engines need cooling, flat tyres need changing, and fuel tanks need filling. Problems arise when early warning signs are ignored. Failure to respond and take the appropriate action may result in an emotional engine failure, mental collision, or nervous breakdown.



**Q:** What warning signs have you noticed but not yet done anything about?

**Q:** What action do you need to take to get your engine running smoothly?

Emergency services personnel ('first responders') are trained to respond to crisis. But have you ever noticed how calm they are when responding? That's because they don't lean on their own understanding, they take a course of action that has already been predetermined, and then rehearsed, until it becomes second nature.

Throughout this 'Roadmap to Resilience' program, you have come to learn a variety of key principals and developed important emotional-emergency strategies. This final activity brings together the action steps you've learnt. Use this 'roadmap' as a resource guide for your future as you continue to grow in your resilience.



Identify key learnings from each session below, forming your own 'Roadmap to Resilience':

SESSIONS	TOPICS COVERED	KEY LEARNING / ACTION STEP
SESSION 1 Introduction to Resilience	<ul style="list-style-type: none"><li>- Mental health vs illness</li><li>- Understanding resilience</li><li>- Goals for future growth</li></ul>	
SESSION 2 Readiness for change	<ul style="list-style-type: none"><li>- Change stages &amp; resolutions</li><li>- Focus determines future</li><li>- Mastering motivation</li></ul>	
SESSION 3 Understanding Stress	<ul style="list-style-type: none"><li>- Diversity of stress</li><li>- Harnessing stress</li><li>- Signposts of stress</li></ul>	
SESSION 4 Signs and Symptoms	<ul style="list-style-type: none"><li>- Personal evaluations</li><li>- Current status/reference</li><li>- Future direction decisions</li></ul>	
SESSION 5 Mind-Mood Matrix	<ul style="list-style-type: none"><li>- Thought-feel-body-action</li><li>- Understanding the cycle</li><li>- Reversing the cycle</li></ul>	
SESSION 6 Foundational Pillars	<ul style="list-style-type: none"><li>- S.U.C.C.E.S.S model</li><li>- Importance of each pillar</li><li>- Creating a plan to succeed</li></ul>	
SESSION 7 Emotional Regulation	<ul style="list-style-type: none"><li>- Emotion-focused coping</li><li>- Controlled breathing</li><li>- Grounding techniques</li></ul>	
SESSION 8 Thought Patterns	<ul style="list-style-type: none"><li>- Identifying thought-traps</li><li>- Ice-berg thoughts vs beliefs</li><li>- Challenge negative mindsets</li></ul>	
SESSION 9 Mental Management	<ul style="list-style-type: none"><li>- Guarding your heart</li><li>- Law &amp; order of mind</li><li>- Compartmentalising</li></ul>	
SESSION 10 Dealing with Despair	<ul style="list-style-type: none"><li>- Taking responsibility</li><li>- Victim mindset pitfalls</li><li>- Correction and direction</li></ul>	
SESSION 11 No Pressure	<ul style="list-style-type: none"><li>- Ongoing warning signs</li><li>- Emergency first responder</li><li>- Resilience Roadmap Review</li></ul>	

# Congratulations

Congratulations on completing the 'Roadmap to Resilience' program.



**Q:** What was the most valuable thing you learnt from participating in this program?

**Q:** What's one lesson you can share to help someone else on their road to resilience?

