

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

Signs and Symptoms

ACTIVITY SHEET



“It is not the mountain we conquer, but ourselves.”

SIR EDMUND HILLARY



SESSION OBJECTIVES

This session is designed to help you become your own mental health mountaineer:

- (a)** establish a reference point of where you are
- (b)** decide where to go next

Situational Awareness

Conducting an emotional wellbeing audit will either help you move forward with confidence or highlight areas that need your attention. The great thing about evaluating yourself is that it promotes **situational awareness**. Simply put, you can't improve what you don't know needs improving. Let's take a look at the signs and symptoms for two of the most challenging and pervasive mental and emotional challenges: **Depression and Anxiety**.

DEPRESSION

- S = Sadness** (unremitting)
- P = Pleasure** (loss thereof)
- I = Insomnia** (early morning)
- R = Remember** (negative memory bias)
- A = Appetite** (increase or decrease)
- L = Loneliness** (social withdrawal)

ANXIETY

- S = Sleep** (onset disturbance)
- W = Worry** (anticipation of negative events)
- A = Avoidance** (resistance to facing fears)
- P = Physiology** (arousal and hypervigilance)



NOTE: PROFESSIONAL CARE: If you recognise that you're experiencing a number of symptoms associated with depression and anxiety, and they're starting to take a toll on your daily functioning, seek help from a qualified professional. The sooner you're able to correct your climbing-course, the faster you can be back on track towards the summit.



DEPRESSIVE SIGNS & SYMPTOMS:

How often do you experience the following? ✓

	RARELY	OCCASIONALLY	OFTEN
Unrelenting sadness (with or without crying)			
Loss of interest in your favourite activities			
Significant weight loss or weight gain			
Pervasive memory of negative/tragic events			
Insomnia (waking unusually early in the AM)			
Hypersomnia (excessive sleeping)			
Fatigue (loss of energy / increased lethargy)			
Agitation, resentment or anger			
Feelings of worthlessness (or excessive guilt)			
Indecisiveness (can't make up your mind)			
Physical agitation & restlessness (can't sit still)			
Feeling lonely or isolated			
Intrusive negative thoughts			
Loss of ability to experience pleasure			
Feeling down most of the day			
Feeling hopeless and helpless			



Q: For any depressive sign and symptom you identified experiencing 'occasionally' or 'often', to what degree do these interfere with your daily functioning?



NOT AT ALL



SLIGHTLY



MODERATELY



CONSIDERABLY



***SIGNIFICANTLY**

*NB: For signs and symptoms that significantly interfere with your daily functioning, seek professional support.

WHERE TO FROM HERE?

Q: From the identified depressive signs and symptoms above, what are the most important areas you will prioritise for improvement?

- 1.
- 2.
- 3.



ANXIOUS SIGNS & SYMPTOMS:

How often do you experience the following? ✓

	RARELY	OCCASIONALLY	OFTEN
Anticipation of negative events			
Difficulty falling asleep at night			
Uncomfortable butterfly feeling in stomach			
Restlessness or feeling edgy			
Difficulty concentrating (mind going blank)			
Irritability, frustration or aggression			
Appetite increase or decrease			
Muscle tension (sore neck or headaches)			
Drained of energy (feeling tired)			
Intrusive or obsessive thoughts			
Compulsive behaviours (strong urge to act)			
Constant vigilance (attention to threat)			
Physical illness symptoms (feeling nauseous)			
Undue concern for safety of self or others			
Difficulty socialising (making new friends)			
Preoccupation with perfection or cleanliness			



Q: For any anxious sign or symptom you identified as experiencing ‘occasionally’ or ‘often’, to what degree do these interfere with your daily functioning?



NOT AT ALL



SLIGHTLY



MODERATELY



CONSIDERABLY



***SIGNIFICANTLY**

*NB: For signs and symptoms that significantly interfere with your daily functioning, seek professional support.

WHERE TO FROM HERE?

Q: From the identified anxious signs and symptoms above, what are the most important areas you will prioritise for improvement?

- 1.
- 2.
- 3.