



BUILDING RESILIENCE

This is a FREE workshop, provided as a series of 4 weekly modules. Participants will learn and practice ways to increase their ability to recover successfully from life difficulties.



FOR
STUDENTS,
FACULTY & STAFF

ALL PARTICIPANTS
MUST REGISTER
ONLINE

WORKSHOP
PROVIDED ON ZOOM
& IN PERSON
(CHECK THE
SPECIFIC DATES)

TUESDAYS 4PM - 5PM
THRSDAYS 1PM - 2PM

INFORMATION
ABOUT CONTENT
BELOW

UNIVERSITY
COUNSELING CENTER
Skills Workshops
and
Mindfulness
Programs

Building Resilience Workshop Overview & Content

Workshop Description: Building Resilience is a four-week workshop offered by the University Counseling Center that focuses on teaching students ways to increase their ability to withstand and recover successfully from life difficulties. The workshop includes psycho-educational information, group discussion, and experiential exercises to (further) develop skills that sustain resilience, and aim for long term benefits. While Building Resilience is a standalone workshop, its participants may greatly benefit from taking it as a follow-up to the Taming Stress workshop, which focuses on “short term” strategies to cope with on-going difficulties. A summary of the discussed topics and experiential activities is provided below:

Module 1: Resilience and Mindfulness

- What Resilience Is and What Isn't
- Introduction to Mindfulness
- Experiential Learning: Mindfulness of Intentions, Centering

Module 2: Growth Mindset and Core Beliefs

- States of Mind: Growth vs. Fixed Mindsets
- Core Beliefs – Building Blocks of Resilience
- Experiential Learning: Mountain Meditation, Mindful STOP

Module 3: Navigating Experience Using Our Compass - Values

- Befriending Emotions – A Building Block of Resilience
- Personal Values – Life Compass and a Source of Resilience
- Experiential Learning: Warm Light Meditation, Mindfulness of Challenging Emotions

Module 4: Self-Compassion and Loving Kindness

- Self-Compassion – A Building Block of Resilience
- Loving-Kindness – A Building Block of Resilience
- Experiential Learning: Self-Compassion Break, Lovingkindness Meditation

