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.
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