**Resilience programme for the summer:**

**Digging deeper, finding out more.**

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| **Title:** | **Course content:** | **Learning outcome:** |
| Recap of urge curve Part 1: 11th July | Working backwards from behaviour to identify trigger | Finding the best time to intervene. |
| Recap of urge curve Part 2: 18th July. | Identifying and classifying triggering situations | Finding the best tool to intervene. |
| Acceptance: grief and loss. Part 1: 25th July. | Acceptance without repression. | Learning how to acknowledge difficult feelings without escaping from them. |
| Distress tolerance: grief and loss. Part 2: 1st August. | Distress toleration without denial. | Understanding how to be uncomfortable without having to react. |
| Distraction versus addiction. Part 1: 8th August. | What purpose does distraction serve? What purpose does addiction serve? | Learning what is the difference between them and how they enable or do not enable choice. |
| Distraction versus addiction. Part 2: 15th August. | How do these avoidance techniques play out? | Facing difficult emotions unscreened. Acknowledge where the hurt is. Name it |
| Building self-esteem and beating the internal bully. Part 1: 22nd August. | Identifying what values, you value. | How to feed your values small bites at a time. The two wolves. |
| Building self-esteem and beating the internal bully. Part 2: 5th September. | Investigating your internal bully’s weaknesses.  What do you fear from the internal bully? | Using your values as a discerning tool. If it does not support your values -bin it. |
| Reflecting and processing. Part 1: 12th September. | How reflection is different from ruminating. Going beyond the toxic past. | Seeing more objectively.  How this helps your relationships. |
| Reflecting and processing. Part 2: 19th September. | How processing is the first step to understanding. | Allowing processing and understanding to heal, and to help in the future. |
| Relationship between physical and emotional wellbeing. Part 1: 26th September. | Food, drink, and mood.  How food and drink affect how we feel and what we are capable of. | How small changes can make big changes to our wellbeing. |
| Relationship between physical and emotional wellbeing. Part 2: 3rd October. | Understanding physical pain. Understanding emotional pain. | How to problems solve. And where to begin. |
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