



## Adult Resilience (16-19year olds) – Strong Not Tough

A group designed to assist young people to deal with challenges that may lead to feelings of stress and

When we talk about resilience, we are talking about a person's ability to cope with stress and hardship – the ability to 'bounce back'.

Life's pressures can lead to stress and anxiety about school, college, relationships, body image and many other things. Because of this, it is not uncommon to experience anxiety and low mood which can impact on our lives and our ability to do our best.

The Adult Resilience Program helps young people to improve skills to cope more effectively with many challenging situations that they may come across. The program is aimed at providing participants with a resilience tool box – a number of strategies that can be used to reduce stress and anxiety and improve self-esteem and confidence.

Some of the skills taught in the program are:

- ❖ Developing an awareness of own feelings, mindfulness and empathy
- ❖ Identifying body clues when getting stressed and Relaxation
- ❖ Challenging negative thoughts and changing them into positive thoughts
- ❖ Identifying role models and building support networks
- ❖ Setting goals and exploring solutions and coping step plans

Dates of the next courses are:

### VIRTUAL Group

**Thursday 3<sup>rd</sup> March 2022 at 10am-12pm (For 4 weeks)**

This group will be delivered virtually via **Microsoft Teams** (Instructions and a link will be sent to parents/carers once you book a place)

If you would like further information or to book a place on the above courses then please contact us by email:

Email: [wellbeing@walsallhealthcare.nhs.uk](mailto:wellbeing@walsallhealthcare.nhs.uk)

If you have any questions please contact School Nursing Single Point of Access on 01922 423349

