

LIFE HAPPENS: A RESILIENCY GROUP

KAITLYN DEAUX & LAURA GIBBS

FEEL WORTHLESS?

SO DID MICHAEL JORDAN. JOIN A GROUP TO LEARN TO RESILIENCE

DANIELLS HALL RM 2220
TUESDAYS @ 6:30

LIFE HAPPENS:
USE OUR QR CODE TO SIGN UP



WAS DROPPING THE SPOON FOR YOUR ICE CREAM
THE LAST TRIGGER FOR YOUR IMPENDING MENTAL
BREAKDOWN? WE'VE BEEN THERE.

COME TO OUR RESILIENCY
GROUP AND LEARN HOW TO:

HAVE MORE ENERGY AND
FOCUS WHEN THINGS GO
WRONG

RECOVER FASTER FROM
CHALLENGES

GROW AND LEARN FROM
YOUR PROBLEMS

BECOME BETTER AT
SOLVING PROBLEMS

KEEP GOING IN THE FACE OF
DIFFICULTIES, FAILURE, AND
OTHER CHALLENGES

PERSEVERE



@LIFEHAPPENSSAU



INTRODUCTORY VISIT


Kaitlyn - Names + Icebreaker

- Welcome, Introduce ourselves

- Icebreaker - What animal would you be, and why?

Laura - Clarification + Set norms/goals/confidentiality

- Clarify our Goal: To recognize and increase our resilience
 - Emphasize Confidentiality: Please do not talk about other group members' comments outside of this group. Our group is only effective if we feel comfortable sharing and we will only feel comfortable sharing if we respect each other's privacy.
 - Establish Group Norms: Be respectful when other people are talking.
- ## **Kaitlyn** - Activity Discussion + Collaboration
- Introduce activity
 - Discussion Point 1: What is resilience?



Directions

Divide students into groups of 3. Together with their group, have students brainstorm a definition of the word “resilience.” Bring the groups back together to share with the class the definitions they came up with. If your class is small enough, you might even make an attempt to combine the small group definitions to form a “class definition” of the word.

Now tell students that we’re going to look at another definition of resilience that will help us grow our resilience as we go through the rest of the class this semester. You may want to put this on a poster board, PowerPoint slide, or somewhere else prominent for students to see. The definition is as follows:

Resilience is the ability to bounce back when you have every reason to shut down – but you fight on! Resilient people have both tapped and untapped reserves, enabling them to overcome and thrive as they face the setbacks, challenges, and fears of daily life.

Point 2: Why is resilience important?

Discussion

Ask and discuss the following with students:

- Based on this definition and the ones we've come up with today, do you think resilience is important? Why or why not?
- What do you think are some benefits that people who are resilient might experience?

Laura - Review + Summary

- Review: So today we talked about the definition of resilience, that resilience is the ability to bounce back when you have every reason to shut down.
- Summarize takeaways from group discussion: reasons they brought out that resilience was important and benefits that people who are resilient might experience.
- Goals for our next sessions: For our next session I want you guys to keep an eye out for people in your life who are resilient, how they showed resilience, and what benefits they got from it for us to discuss next time.