



Healthy Me! Healthy You! Healthy Us!

*A Journey Toward Wellness and Resiliency In
Uncertain Times*

Who should attend

- ★ Anyone looking to enhance their mental, emotional, and physical well-being.

Prerequisites

While there are no prerequisites for this series, it does support the work related to *Changing Me! Changing You! Changing Us!* learning journey.

What this transformative workshop provides

The content in this module is focused on understanding the concepts of resilience, wellness, and self-care. This module provides a framework for building wellness through resilience. Building wellness and resilience is an intentional process. The focus is on framing resilience as a moderator of our feelings, thoughts, and behaviors to ensure our survival and that we have the strength to grow and develop into healthy people in light of stress. It is a step toward maintaining healthy wellbeing.

Workshop format

This is a workshop that facilitates individual development. It is an opportunity for engaging with resilience, wellness, and self-care. The workshop concludes with group reflection on what was learned or experienced during the session.

What the workshop provides

Upon completing this series, the participants will:

- ★ Understand wellness and resilience
- ★ Explore assumptions vs. reality related to wellness and resilience
- ★ Connect resilience to stress management
- ★ Comprehend how to navigate uncertain times and how to build resilience
- ★ Explore practical ways to overcome stressors

What participants receive

Each participant receives a Participant Guide for post-class reference and review.

Objectives & Outline



One Step at a Time
CONSULTING

Healthy Me! Healthy You! Healthy Us!

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In this workshop, we will:

- ✦ Explore mindfulness through “*Box Breathing*” activity
- ✦ Define wellness and resilience.
- ✦ Explore the connection between wellness and resilience.
- ✦ Identify ways that self-care and wellness support your personal resilience.
- ✦ Explore how assumptions impact resilience.
- ✦ Discuss assumptions vs. reality.
- ✦ Explore how to navigate in uncertain times.
- ✦ Share techniques to navigate uncertainty.
- ✦ Identify stressors that impact personal wellness.
- ✦ Apply stress management strategies for increasing personal wellness.
- ✦ Identify ways that self-care and wellness support personal resilience.

In This Workshop

Mindful Moment

**Defining Wellness &
Resilience**

**Understanding Wellness
& Resilience**

Assumptions vs. Reality

**Navigating Uncertain
Times**

**Connecting Resilience to
Stress Management**

**Practical Ways to
Overcome Stressors**