

Resilience

It is improbable that you will go through life without facing adversity. You could face adversity, for example, from stressful work projects, missed targets, relationship breakdown, or illness.

How you cope with these challenges can strongly impact your mental health. If you cope negatively, this could add to the stress of the situation and potentially lead to a mental illness such as depression. If you cope positively, you can learn from the experience. Resilience is an approach to mental health that aims to develop your ability to cope positively with adversity.

The Lighthouse Resilience eLearning course explains how you can develop resilience with reference to four areas – emotional, mental, social, and physical. The course outlines simple, practical ways to help you react more positively to challenges referring to these areas. For example, when you are in a difficult period, leveraging your social connections for support can be a beneficial means to overcome those difficulties. The course further describes how you can develop your capacity in these four areas. For example, it outlines simple ways to implement a healthy diet and exercise regime to increase your physical health.

The course is highly interactive and uses a variety of case studies, active learning, and quiz questions to reinforce the learning objectives. Some downloadable PDF worksheets are included, and you can use these worksheets to help develop your resilience.

Course Objectives/Details

- Explains what resilience is in a mental health and wellbeing context.
- Describes techniques such as the ABCDE model, opposite action, self-regulation, and positive self-talk that can help you react positively to challenges.
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- Outlines a variety of ways you can develop emotional and mental resilience. For example, mindfulness, labelling emotions, establishing values and setting SMART goals.
- Summarises the importance of good physical health and positive social connections to developing resilience and how you can improve these in your day-to-day life.



On successful completion of the test users can download and print a certificate



The course lasts approximately **60 minutes**



Users are required to take a final test consisting of 10 default questions. **The default pass mark is 70%**