



Adult Resilience – Strong Not Tough

A group designed to assist adults to deal with challenges that may lead to feelings of stress and anxiety

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 our children, 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 adults 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.

Each course runs for **5 weeks**. 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

Enrolment criteria:

- ❖ **If you are a parent/carer of a child aged 5-19years attending a Walsall School or if you are a young person aged 16-19years**

Dates of the next courses are:

Adult Resilience Program

**Harden Health Centre (1st Floor – School Nurses)
Harden Road, Walsall, WS3 1ET
On:**

**Friday 1st March 2019
9.30am-11.30am**

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

Email: wellbeing@walsallhealthcare.nhs.uk

Phone: Sam Masood (School Nursing Service) on Tel: 01922 423292

