



Adult Resilience

Teaching young adults to be the best version of themselves

The Adult Resilience is ideal for Year 11 or 12 students who may be dealing with a dramatic increase in pressure from school, choosing a career, exams, relationships and body image. The Adult Resilience Program is evidence-based and proven to help young people become the best version of themselves by giving them the coping skills needed to reduce anxiety, overcome challenges and thrive. The Adult Resilience Program includes a focus on relaxation, mindfulness, preventing bullying, resisting peer pressure, choosing good role models and developing friendships and relationships that are not internet based.

What does the Adult Resilience Program involve?

10 FREE one-hour sessions or five FREE two-hour sessions. You will have input into how we deliver the program.

Sessions are built on this acronym:

- F**eelings (talk about your feelings and care about other people's feelings)
- R**elax: Do 'milkshake' breathing, have some quiet time)
- I** can try! (we can all try our best)
- E**ncourage (step plans to happy home)
- N**urture (quality time together doing fun activities)
- D**on't forget – be brave! (practice skills everyday with friends /family)
- S**tay happy

GET STARTED: To register for the Adult Resilience Program please call our Health Promotion team on 5406 1200.

Connect with us: www.bchs.com.au

