

**BUILDING RESILIENCE (emotional & mental strenghth)**

**Session 1: The art of BEING well!**

**Notes**: “Wow” moments (make a note of the things which make you “click”…ie “wow moments” eg. key ideas, thoughts or statements – you can then refer to them in future)

***IDEAL ME exercise***

* *What 3 behaviours does the ideal me do?*
* *Who does the ideal me “hang out” with? (e.g. the values of those people)*
* *How does the ideal me talk to myself/others?*
* *How does the ideal me think?*
* *How does the ideal me behave?*

[www.draudreyt.com](http://www.draudreyt.com/)

YouTube: Dr Audrey Tang <https://www.youtube.com/channel/UCnn8-Waxrg6TmuNPHL1NQmg?view_as=subscriber>

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***Then reflect each day:***

* *How did I do?*
* *Where did I stumble and why?*
* *WHO did I react to and where was it?*
* *What could I do next time?*

***REMEMBER – what you practice becomes habit***

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***What works for me (PERMA):***

*(YOU MAY WISH TO UPDATE THIS EACH WEEK AS WE COVER MORE EXERCISES)*

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| *What I tried* | ***POSITIVE EMOTION*** | ***ENGAGEMENT*** | ***RELATIONSHIPS*** | ***MEANING*** | ***ACHIEVEMENT*** |
| *Week 1* |  |  |  |  |  |
| *Week 2* |  |  |  |  |  |
| *Week 3* |  |  |  |  |  |
| *Week 4* |  |  |  |  |  |
| *Week 5* |  |  |  |  |  |
| *Week 6* |  |  |  |  |  |
| *Week 7* |  |  |  |  |  |
| *Week 8* |  |  |  |  |  |

*And also remember the PRACTICAL TOOLS available to you.*