



# Resilient Minds:

**To be healthy as a whole, mental health plays a role**

- FREE 8 week certificated course
- Learn more about your mental health
- Develop your skills
- Build your personal 'toolkit'
- Meet new friends.

The People's Mental Health Service

Sign up via Eventbrite or contact us:  
[progressing@firstpersonprojectcic.co.uk](mailto:progressing@firstpersonprojectcic.co.uk)



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# The Resilient Minds Programme: Overview

This funded eight-week certificated course is made up of eight modules, it is delivered face to face for two hours per week. This course provides a brief introduction into the essential topics of mental health, it will allow you to develop the skills and knowledge needed to discover more about yourself, how you think, feel and behave.

Attendees who attend all eight sessions will qualify for a First Person Project certificate of attendance, however learners are welcome to attend any of the sessions, subject to availability.

This course allows you to understand more about mental health, but to also develop the skills needed to progress beyond that awareness. You will learn new skills and develop your own personal 'toolkit', which you can then use maintain your own mental health.

By the end of the course you will:

- Have a clear understanding of mental health as a whole, how this applies to you and how you can ensure your own positive mental health.
- Have the knowledge and skills needed to deal with stress and the pressures of life appropriately.
- Have the ability to understand anxiety in yourself, establish when this can become a problem and how to deal with it in a healthy manner.
- Have the power to recognise your skills and qualities as a person, as well as being confident enough to share these with other people and encourage others to do the same.
- Develop the confidence and competence to understand and set your own goals, identifying how you will meet these through successful action planning.
- Have the knowledge to share with others so that you can support them during difficult times.



# Module 1 - Fundamentally healthy: Building the foundations for wellness

1  
WEEK

In this module you will learn what good mental health means and what it looks like, as well as what makes up mental wellbeing.

By the end of this module you will be aware of the mental health continuum and how we can vary between positive mental health and mental ill health.

Furthermore, you will understand why we need good mental health, what mental health problems are and how they differ between each person.

This module will also touch on some key mental health statistics in the UK, as well as outlining some of the types of mental health problems.

Additionally, this module will include tips on how you can support yourself and others in maintaining good mental health.



# Module 2 - Your only limit is your mind: Taking control of your stress levels

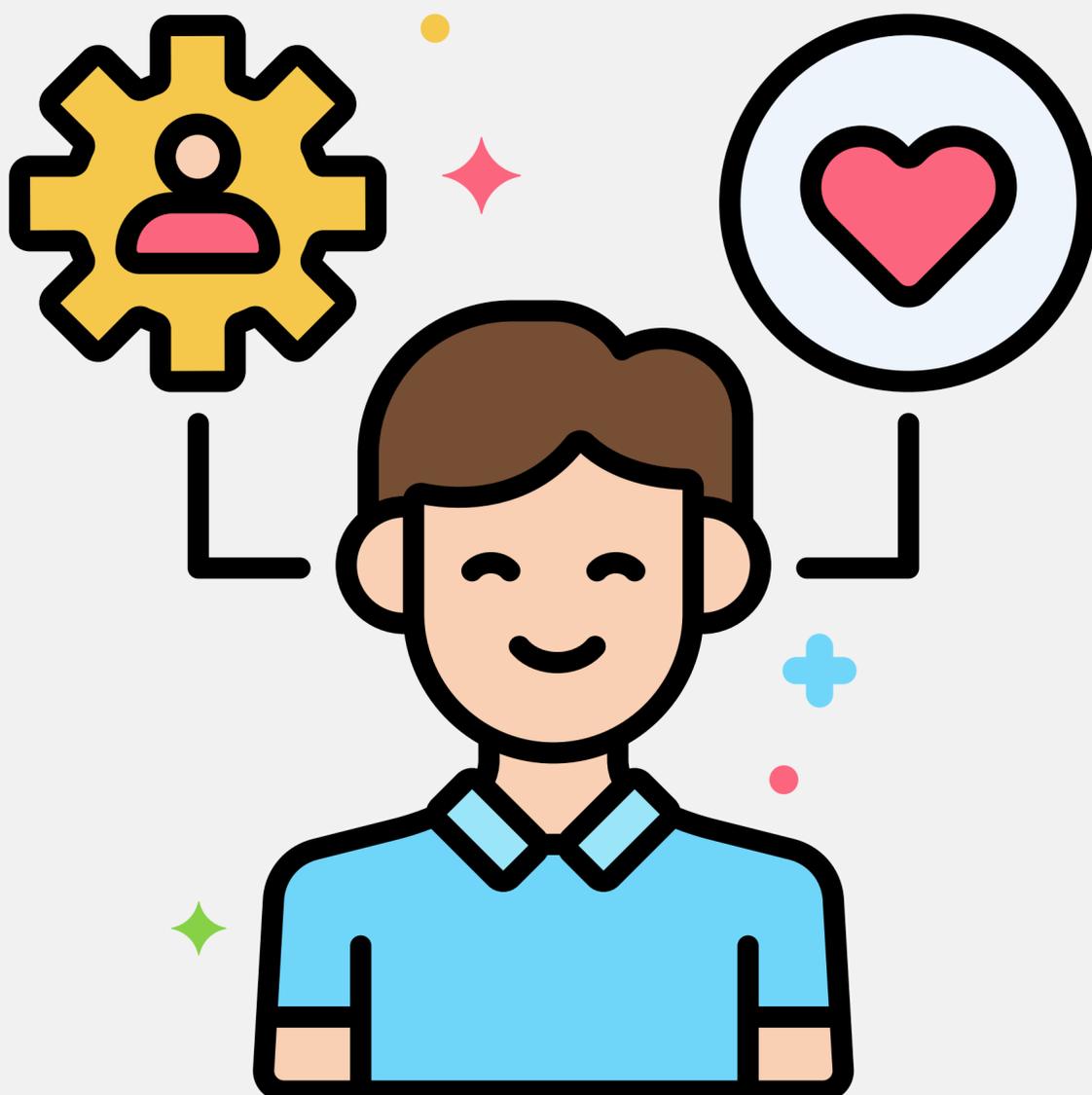
In this module we will define and discuss stress. We will consider the causes of stress, as well as the difference between actual and perceived stress.

By the end of this session you will be aware of the stress vulnerability bucket and what it entails.

Also, this module will consider our response to stress and how it is determined. It will also outline some healthy ways in which we can deal with pressure.

To conclude, this module will offer self-help tips and positive ways we can support others when managing stress.

WEEK 2



# Developing your Personal Toolkit- Skill building session 1

In this first skill building session you will learn about three tools which you can use in order to support yourself during times of anxiety, fear and distress.

## Self-soothing:

We all have the ability to soothe ourselves in times of distress. This skill shows you how to use your senses to achieve this.



## Grounding skills:

This skill teaches you how to pause and gain some distance from your thoughts, feelings and memories, by bringing you back to the present moment.



## Managing worry:

Here we explore worry and negative self-talk. The aim is to give you a useful set of skills to help you feel more confident to manage your worries.

3  
WEEK

# Module 3- Transforming fear into strength: Managing your own anxiety

4  
WEEK

In this module we will define and discuss anxiety, what it is and how it can vary in severity. Further to this, we will touch on the physical and psychological symptoms of anxiety.

By the end of this session you will be able to determine how and when anxiety becomes a problem, and how you can identify this in yourself.

Also, this module will present self-help tips for managing anxiety and how we can successfully support others who are feeling anxious.



# Module 4-

## Be your own superhero: improving your confidence and self-esteem

In this module we will look at confidence and self-esteem, both separately and as a whole.

By the end of this module you will be able to establish what affects confidence and self-esteem and why they are equally important.

Additionally, we will consider how we can improve and maintain our confidence and self-esteem, as well as ideas for how we can look after ourselves.

The session will conclude by providing tips on how we can enable others to help themselves and preserve their self-assurance.

WEEK 5

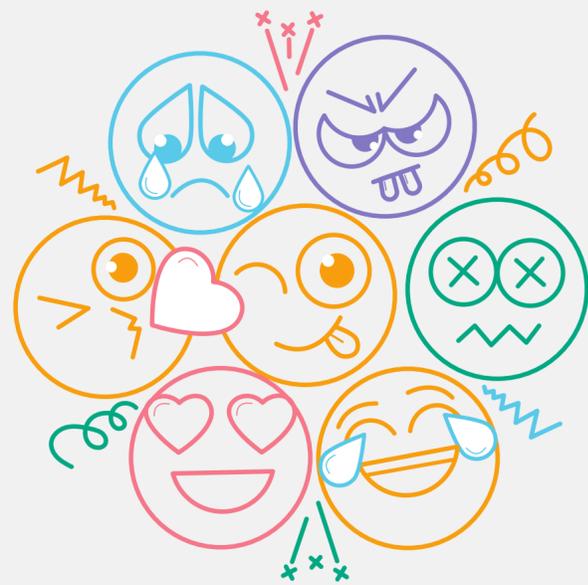


# Developing your Personal Toolkit- Skill building session 2

In this second skill building session you will learn about three tools which you can use in order to support yourself to understand and positively re-frame your thoughts and emotions.

## STOPP:

Take more control of your thoughts and emotions when this matters most by using 5 key steps.



## Surf the urge:

Learn how to notice how you are feeling and safely 'surf it out' without fighting against it or getting lost in the wave.

## Problem solving:

Learn a 4 step approach to problem solving. People who use this approach say that has helped them to feel more confident in managing their problems in life.



WEEK 6

# Module 5- Create your own sunshine: Introducing positivity into your life

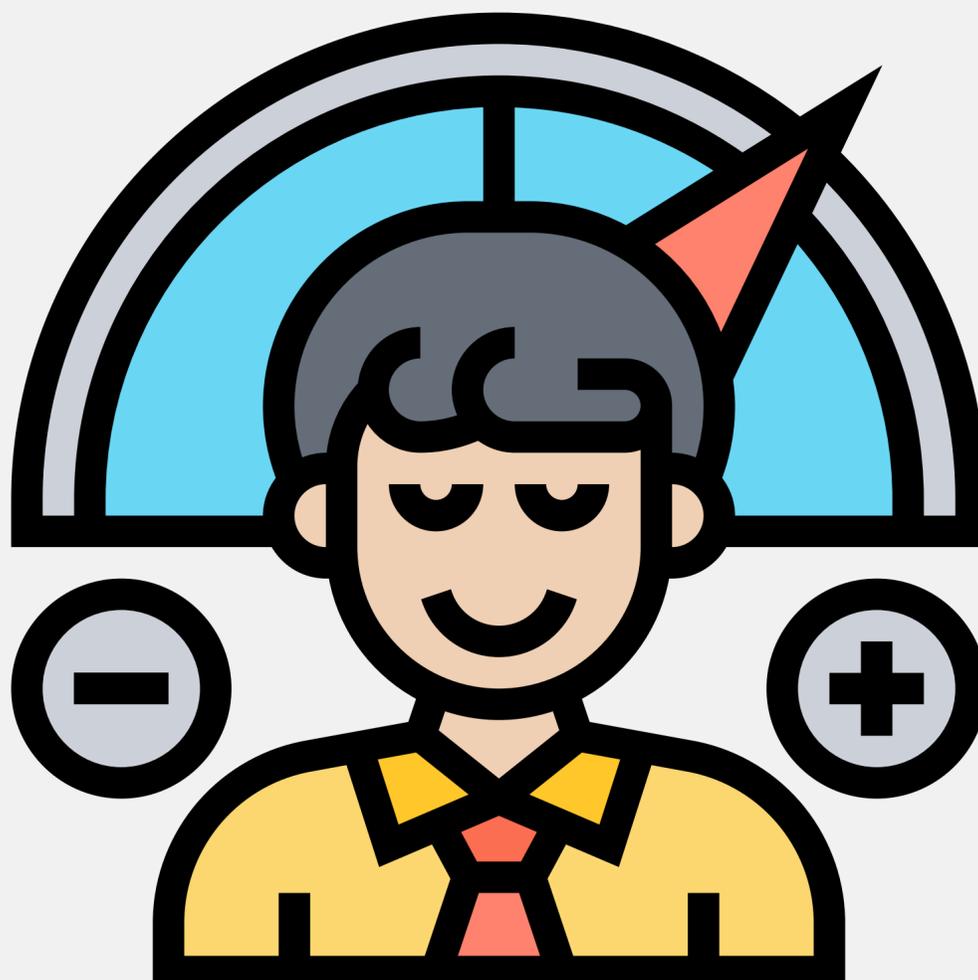
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In this module we will start by defining positivity as a whole and identifying what it means to us as individuals.

We will discuss positive thinking, why it is significant and what advantages it can bring to our lives.

By the end of this session you will be well-informed on how to introduce positivity in to the lives of yourself and others, and be aware of the positive impact this has.

Furthermore, this module will explore optimism and how we can become optimistic, we will look at how to develop a growth mindset. To add balance, we will touch on when positivity can become a problem.



# Module 6-

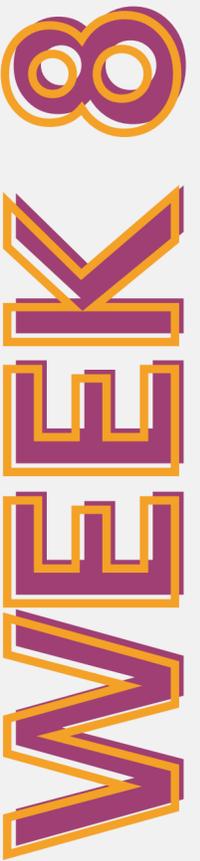
## Future aspirations: Goal setting success

In this module we will discuss and determine the differences between dreams and goals.

By the end of this session you will understand what goal setting is and how we break down our goals to make them more realistic and achievable.

We will explore SMARTER goal setting and how you can take more ownership over the achievement of your goals in life. We will also explore motivation and its influence on goal setting.

To conclude, this module will help you to identify motivation within yourself and provide you with the knowledge and confidence to begin setting your own goals and achieving success!





C.I.C.

*Progressing Together*

Contact us:

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