



## **CONFIDENTIAL & PROPRIETARY**

### **Foundations of Resilience**

(6-weeks, 60 minutes, once weekly)

A combination of theory, experiential practices, and practical applications, this course provides individuals with essential material for thriving in today's volatile and uncertain times. The community we build together over six weeks fosters a deeper sense of connection, growth in communication, and greater compassion, in service of wellbeing.

A mindfulness program that enhances wellbeing, reduces stress, and fosters resilience. Content includes:

- A range of experiential practices based on research and theory behind mindfulness as a key to working with stress and uncertainty
- Experiential mindfulness practices to connect mind-body and reduce stress, based on research and theory behind stress
- Presentation of research and theory behind why stress is the dragon of modern times, (and how we can reduce it), by working with the neurobiology of emotions
- Supported by real-world examples, daily practices, applications, and tools

Taught by YOL Mindfulness and Resilience Instructor, David Perls and YOL Director of Learning, Zanette Johnson PhD.

### **Course Outline**

Week 1 - Welcome, introduction, the stress response and how the mind works, reflection/goal setting.

Week 2 - The neurobiology of emotions. Introduce SCARF model. Identifying your tendencies and habits. Watching and paying attention to your own patterns.

Week 3 - Foundations for resilience. Basic practices — journaling, acts of service, human connection, re-appraisal, spending time in nature, etc.

Week 4 - Trajectory for your own success — personal goals/plan and commitments

Week 5 - Immersion, deeper practices and work from home applications

Week 6 - Integration — sharing their personal plans. 90 day, 3 months, 6 months

Week 1 - Welcome, introduction, the stress response and how the mind works, reflection/goal setting.

- 15 welcome/introduction
- 20 didactic learning on Stress Response
  - basic triune brain model
  - sympathetic/parasympathetic brakes/accelerator
  - self-regulation
- 20 discussion/interaction/experience
  - With emphasis on digging into/opening up spaces where you're inviting more resilience: "If you really knew me, you'd know..."
- 5 Practices to try at home this week
  - Mindfulness practice (with recordings of 5 minute sitting practice)
  - Noticing cascades of emotions
  - "The Evident Emotion Log"

Week 2 - The neurobiology of emotions. Introduce SCARF model. Identifying your tendencies and habits. Watching and paying attention to your own patterns.

- 15 check in: Three breath meditation to start. What did you notice about your mindfulness practice this past week? What kinds of observations did you make using the Evident Emotion log? Any insights? In what area of your life did you commit to building resilience?
- 20 didactic learning -
  - Window of Tolerance and SCARF intro
- 20 discussion/interaction/experience - role play using SCARF to identify habits/tendencies
  - Think of scenario, share, embody then switch
- 5 Practices to try at home this week
- Three-center check in... what's happening in body/mind/heart?

Week 3 - Foundations for resilience. Basic practices — journaling, acts of service, human connection, re-appraisal, spending time in nature, etc.

- 15 check in

- 20 didactic learning
  - Broaden & Build (Barbara Frederickson)
  - Reappraisal
  - Biophilia: Fractals of Nature/Forest bathing “shinrin-yoku”
  - Interdependence - Common Humanity
- 20 discussion/interaction/experience
  - Somatic Strategies
  - Interdependence activity
- 5 Practices to try at home this week

#### Week 4 - Foundations for Resilience; Mental Strategies

- 15 check in
- 20 didactic learning: Mental Strategy and Workplace Theme (Based on selection from 16 Building Blocks)
- 20 discussion/interaction/experience
- 5 Practices to try at home this week

#### Week 5 - Trajectory for your own success — personal goals/plan and commitments

- 15 check in: What is one key personal insight you’ve made from the course?
- 20 didactic learning: Strategies for getting unstuck
- 20 discussion/interaction/experience
- 5 Practices to try at home this week

#### Week 6 - Integration — sharing their personal plans. 90 day, 3 mo, 6 months

- 15 check in: What is one key take-away from the course?
- 20 sharing personal plans
- 20 discussion/interaction/experience
- 5 Practices to try at home this week