

Resilient Me

formerly known as The Resilience Box, this platform and program is brought to you by

resilia

Resilient Me

A best-practice psychological wellbeing program which strengthens emotional resilience and enhances recovery from psychological illness or injury

Resilient Me is an education program specifically designed to strengthen personal resilience, enhance recovery and prevent relapse when it comes to psychological injury and poor mental health. Drawing on over 20 years of research into workplace stress by the Centre for Corporate Health and 10 years of best-practice rehabilitation methodologies from Resilia, this program supports individuals to build capabilities and achieve desired return to work outcomes.

This evidence-based program built on the foundations of positive psychology, coupled with the robust facilitation by our team of experienced team of rehabilitation consultants, sees participants experience meaningful and lasting self-directed behaviour change.



Program Details

Target Audience

This program is specifically targeted at workers who have lodged a claim in relation to their psychological injury, as well as employees who have experienced a mental health set back that may require additional support to maintain their functioning at work.

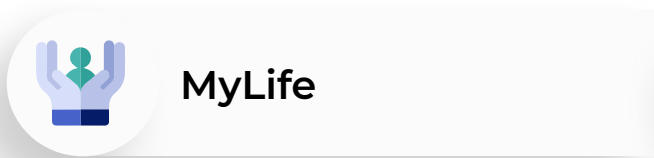
Program Delivery

- Initial assessment to establish a base-line
- 7 x 1.5 hour coaching sessions (in person or virtually)
- Post program assessment and closure report
- Access to post coaching embedding activities and homework tasks via the Resilient Me Digital Platform

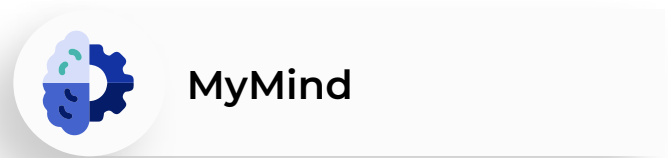
Program Benefits

- Increases in capacity for work
- Improved return to work outcomes
- Reduced occurrence of relapse
- Improved capabilities to manage life's challenges

Module Overviews



As the foundation module, MyLife enrolls participants on a journey of self-discovery and personal growth. Establishing key roles and responsibilities, participants get clear on what they can do to become a proactive participant in their recovery and learn what support is available to them. Along with exploring an evidence-based model for wellbeing and emotional resilience, this module also sees participants tune into their internal locus of control to shift their mindset from reactive to proactive.



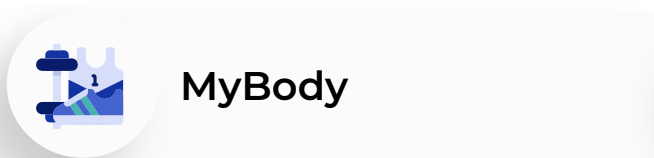
The cornerstone of this program, MyMind draws on evidence from neuroscience and positive psychology to shift the participant's relationship with stress from harmful to helpful and supports them in overcoming unhelpful thinking styles. Through cognitive behavioural strategies, participants learn to tune into their early warning system and regain control over their stress response and self talk habits making them better equipped to respond effectively to life's events.



Designed on the principles of adult learning and self-directed behaviour change, MyPlan supports participants in developing their own individual action plans for building new positive habits and shifting goals from thoughts to reality. When working towards SMART goals, participants are also coached through how to identify and overcome obstacles through effective decision making and problem solving skills. Participants also learn the fundamentals of achieving personal effectiveness.



Exploring the link between our thoughts and our mood, MyEmotions dives into the emotional part of the brain and equips participants with a range of strategies for regulating their emotions. Through effective mindfulness strategies participants begin the process of building new neural pathways that allow them to better soak in positive emotions. This in turn contributes to improving mood and better managing negative emotions which are inevitable and essential to living a full life.



Our physical health directly impacts our mental health with our body constantly sending signals to the brain that significantly impact our mood. MyBody asks participants to take stock of their physical wellbeing and provides evidence-based strategies to improve eating habits, physical activity and their ability to experience restful sleep. Drawing on the habit forming strategies from MyPlan, participants work at forming new habits in each of these three key areas for optimal physical health.



With interpersonal conflict a significant source of stress in many of our lives, MyRelationships assists participants in improving and maintaining supportive relationships both at work and at home. Through improved communication skills and enhanced social intelligence, participants learn strategies for managing conflict effectively and negotiating relationships with those of a different interpersonal style to themselves. This module also looks at how participants can experience the benefits of creating authentic connections.