

THE ADULT RESILIENCE CURRICULUM (ARC)

Module Overview

0 Introduction

The introductory module covers the what, why, and how of the Adult Resilience Curriculum (ARC) and presents strategies aimed at enhancing resilience and well-being.

1 Understanding the Psychobiology of Stress & Well-Being

In this module, participants will learn about the most up-to-date information on stress, how it affects us psychologically and biologically, why it is necessary in certain situations, and how it relates to our overall well-being. With this information, participants will have a better understanding of the mechanisms by which the rest of the ARC skills and concepts can help find balance between stress and well-being.

2 Creating Safe and Supportive Environments

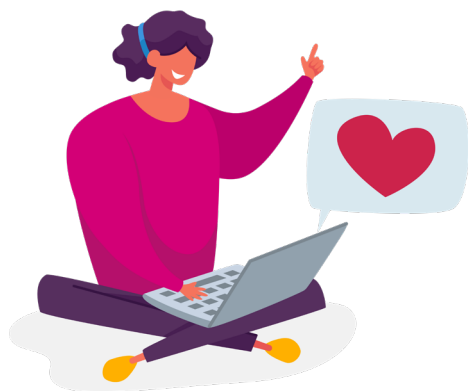
In this module, participants will learn about psychological safety in the workplace and communication strategies they can use to help develop it in their schools. Psychological safety refers to the sense of security a worker feels knowing that they may admit mistakes or show faults without repercussion. Psychological safety is most effectively instilled through leaders to create a safe working environment.

3 Clarifying, Aligning with, & Committing to One's Values

In this module, participants will clarify their values in their personal and professional lives and distinguish them from personal and professional goals. Clarifying and committing to values helps individuals find their purpose in the day-to-day grind and can help them prioritize tasks to reduce time demands.

4 Cultivating Awareness Through Mindfulness-Based Practices

In this module, participants will learn the difference between “mind-full” and “mindful” and how remaining present and aware in our day-to-day lives instills a sense of intentionality in our actions. Being focused on the present removes fears about past mistakes or future struggles.



5 Connecting Meaningfully with Others

In this module, participants will learn about different types of relationships vital to adult development, such as general social support (including what good social support looks and feels like), social services, role models, and mentors. Participants will learn skills that can be applied to all relationship types as they pursue these connections.

6 Fostering Positive Emotions and Experiences

In this module, participants will learn to differentiate between pleasant and difficult emotions and thoughts and the importance of proactively fostering more pleasant experiences. Participants will learn skills that can be used to broaden their awareness to these moments and to engage with them deeply in ways that bring joy or meaning.

7 Coping with Difficult Thoughts, Feelings, & Experiences

In this module, participants will continue learning about the distinctions between pleasant and difficult emotions and experiences, including the importance of difficult thoughts and emotions to survival. They will also learn techniques for distancing from these experiences without avoiding them so that they can better accept, cope, and ultimately move beyond them in moments where they are unhelpful.



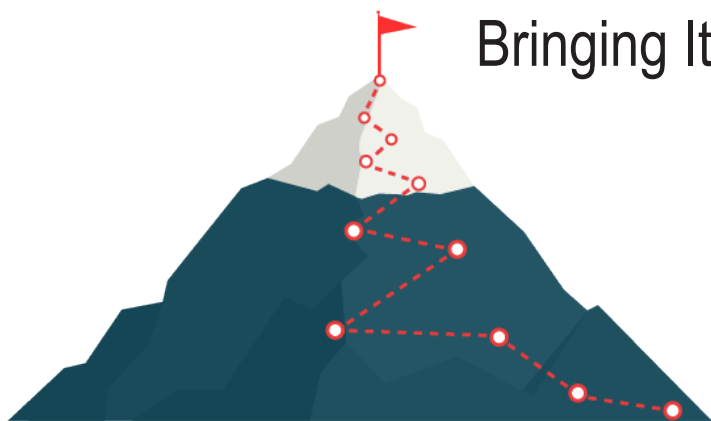
8 Feeling Good Physically Through Nutrition, Movement, & Sleep

In this module, participants will learn of a new perspective on the importance of nutrition, movement, and sleep and how these functions can directly influence our thoughts, feelings, and emotions. They will also learn skills that will help them to establish effective practices in these life domains.

9 Rejuvenating Through Relaxation, Recreation, & Routines

In this module, participants will learn the Three R's: recreation, relaxation, and routines. Participants will identify ways they can incorporate these vital and flexible strategies and practices into their daily lives.

Bringing It All Together: A Wellness Plan for the Future 10



In this final module, participants will hear a recap of the previous modules and reflect on the usefulness of each module's concepts, skills, and strategies in tending their own well-being. Participants will use this reflection time to establish a wellness plan for their future and learn of a research-based goal setting strategy to achieve that plan.



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