



Adult Resilience Curriculum (ARC)

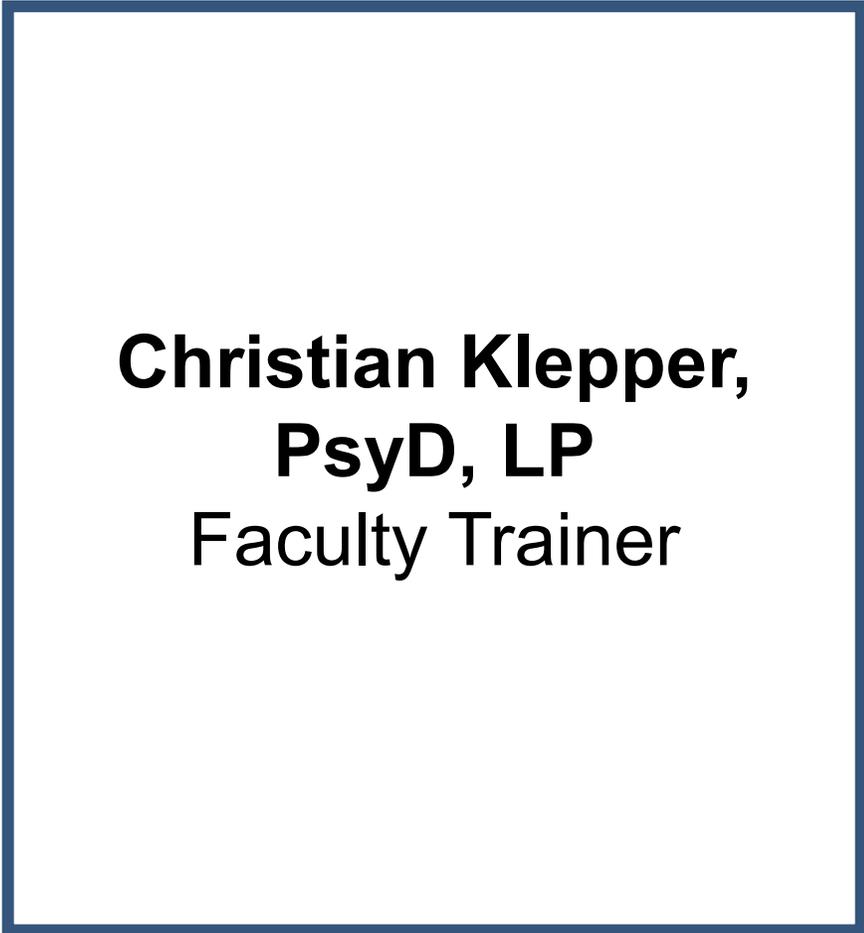
Three R's







WHO WE ARE



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PsyD, LP
Faculty Trainer

WHO WE ARE



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Regional Trainer



The Adult Resilience Curriculum (ARC)

The ARC Modules

0: Introduction to
the Adult
Resilience
Curriculum (ARC)

1: Understanding the
psychobiology of
stress and well-being
(*psychoeducation*)

2: Creating safe and
supportive
environments
(*context*)

3: Clarifying, aligning
with, and committing
to one's values
(*values*)

4: Cultivating
awareness through
mindfulness-based
practices
(*mindfulness*)

5: Connecting
meaningfully with
others
(*connection*)

6: Fostering pleasant
emotions and
experiences
(*positivity*)

7: Coping with
difficult thoughts,
feelings, and
experiences
(*coping*)

8: Feeling good
physically through
nutrition, movement,
& sleep
(*health*)

9: Rejuvenating
through relaxation,
recreation, and
routines
(*three R's*)

10: Bringing it all
together: A wellness
plan for the future
(*wellness plan*)

Three R's

Define the difference between relaxation, leisure, and recreation, and categorize different activities accordingly

Analyze your own personal routine to identify ways to modify it to your own benefit

Plan for routine changes in order to create more vitality in life

Our Hopes
for Today



MODULE 9:
Rejuvenating Through Relaxation,
Recreation, and Routines



Three R's Components

Environment
Support for
Well-being

Recreation &
Leisure

Relaxation

Routines

Microhabits

Approaches to
Time

Environmental Support for Well-being

What is your playground?



Recreation & Leisure

Recreation



Leisure



Relaxation

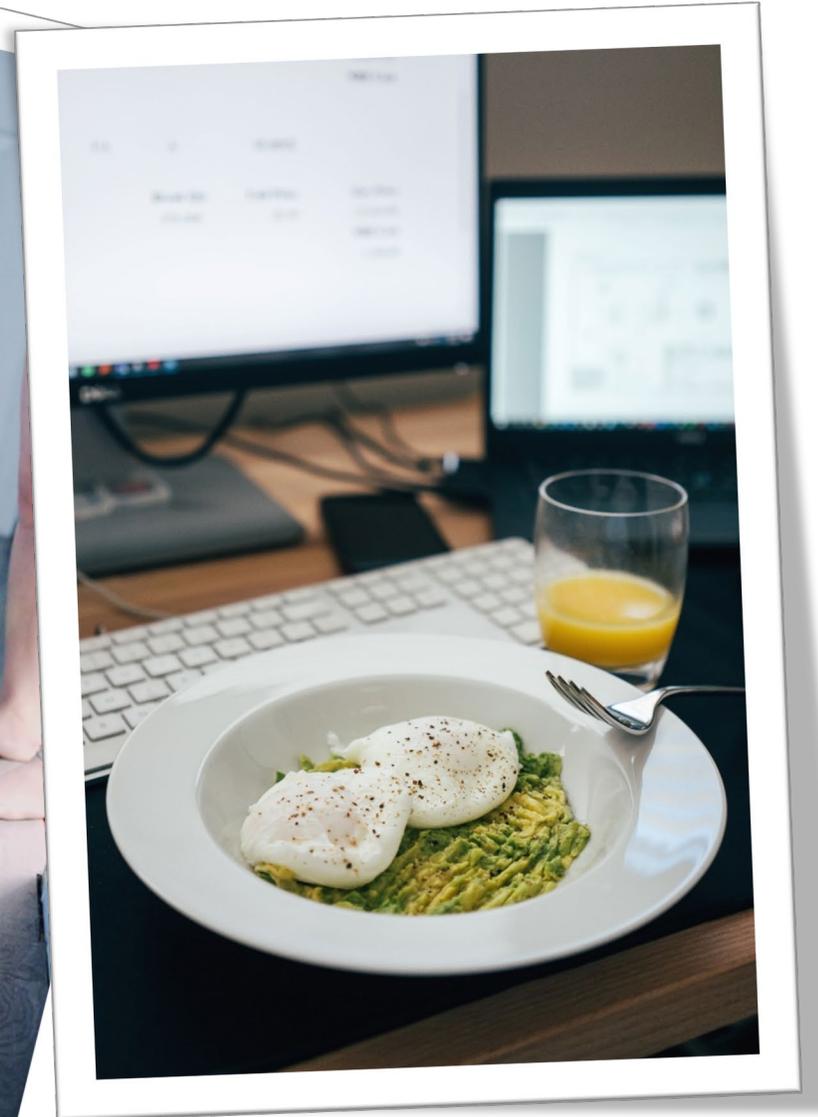
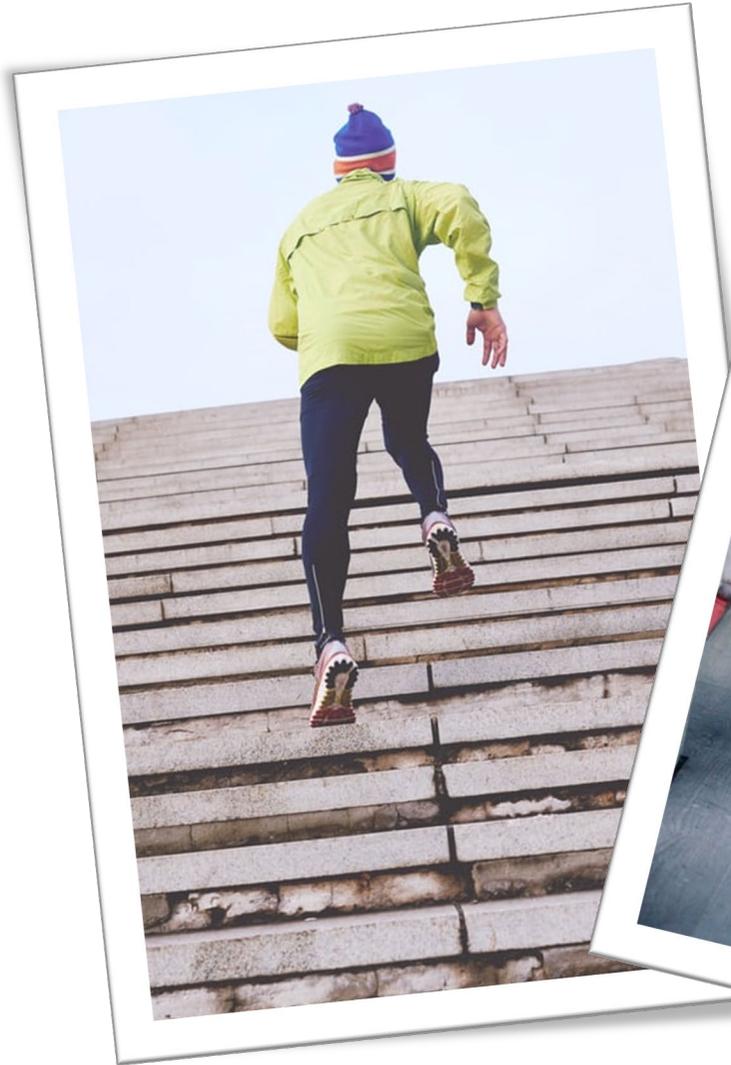
Potential Activities

- Yoga --
- Meditation --
- Mindful exercises --
- Massage --
- Passive music listening--
- Sensory experiences --
 - Aromatherapy--
 - Steam rooms--
 - Weighted blankets--

Relaxation is
purposeful

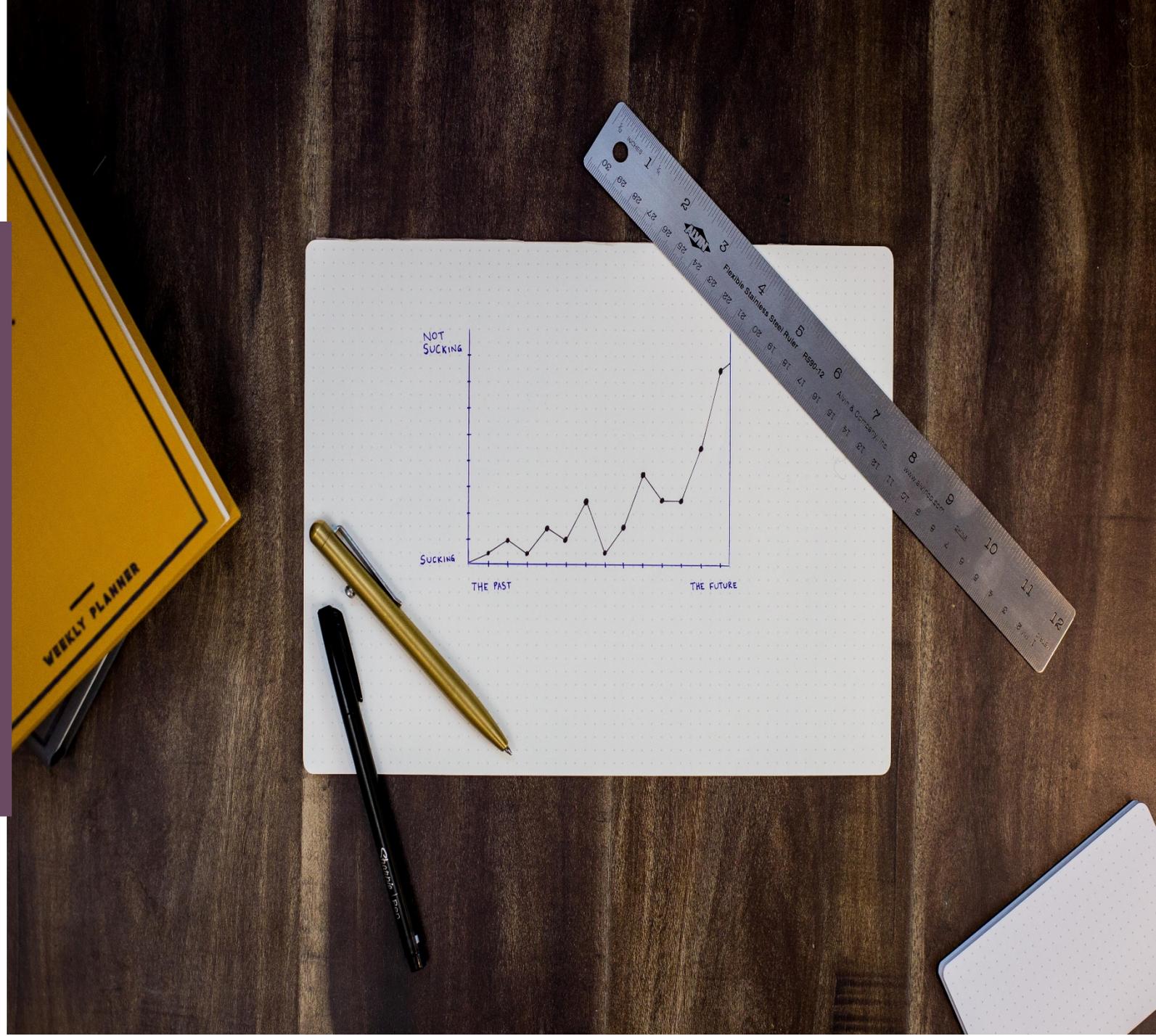


Routines



Microhabits

The compound interest of
your life



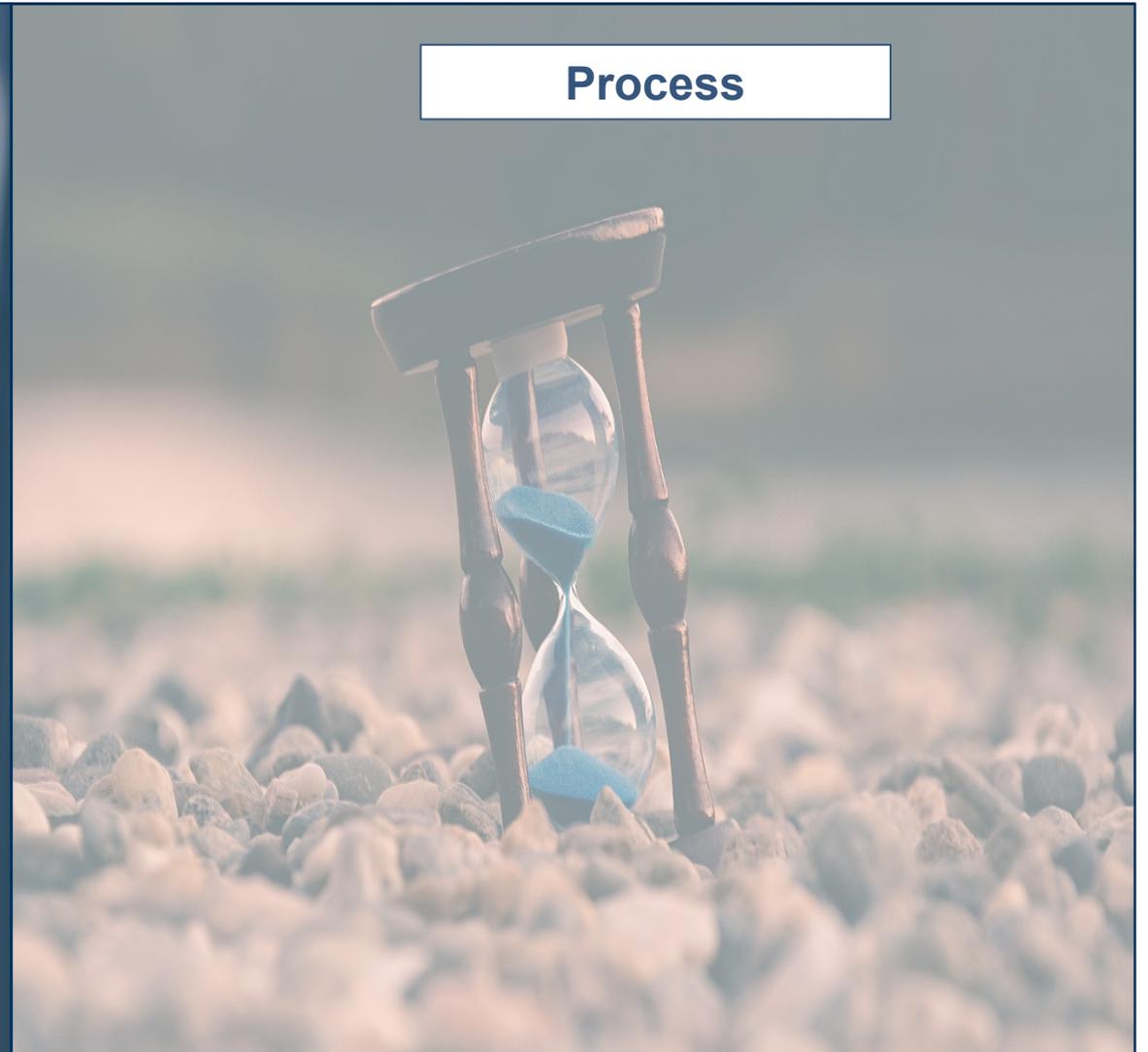
Approaches to Time

Commodity

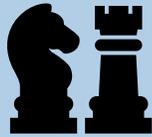


2106	D01	11:15am	On Time
4547	B12	1:30pm	Boarding
780	C03	11:05am	Boarding
4649	E83	3:00pm	On Time
5296	E83	2:00pm	On Time
6729	D09	11:00am	Boarding
7383	E70	11:10am	On Time
8156	B7	11:09am	Boarding

Process



In-Session Activities



Game of
life



weekly
activity
mapping &
rating

Recommendations



- ✓ Complete activity

Recommendations



- ✓ Complete activity
- ✓ Teach an activity

Recommendations



- ✓ Complete activity
- ✓ Teach an activity
- ✓ Create individual action plan