

Adult Resilience Curriculum (ARC) for Educators—Module 7: Coping with Difficult Experiences

**Preparation**

<p><b>People (1 team, or 1 practice partner):</b> Organize into your teams , if you are completing ARC as a team or with your school</p> <p style="text-align: center;">OR</p> <p>Get comfortable wherever you are (home, classroom, etc.)</p>	
<p><b>Review:</b> Reflect on content from the previous module</p> <ul style="list-style-type: none"> <li>• If you are completing modules in order, the previous module was on <b>Positivity</b></li> <li>• Review Mod 6 <a href="#">discussion questions</a> with yourself, your team, or your practice partner to guide the review.</li> </ul>	
<p><b>Materials (11 items):</b> <a href="#">Access</a> the following resources:</p> <ul style="list-style-type: none"> <li>• Module 7 Slides, OR</li> <li>• Module 7 Video</li> <li>• Module 7 Activities                             <ul style="list-style-type: none"> <li>○ Speech Exercises</li> <li>○ Theory A-Theory B</li> <li>○ Progressive Muscle Relaxation</li> <li>○ Emotional Observer</li> <li>○ Urge Surfing</li> <li>○ Paced Breathing</li> </ul> </li> <li>• Module 7 Knowledge Check and Post Session discussion questions</li> <li>• ARC-Digital-Wellbeing Action Planning-Every Module</li> <li>• Module 7 Resources Folder</li> </ul>	
<p><b>Prepare:</b> Put aside distractions temporarily and set an intention to yourself by answering the question, “Why are you participating in the module?”</p>	





**Module 7: Coping with Difficult Experiences**

<p><b>Knowledge:</b></p> <ul style="list-style-type: none"> <li>• If you are completing Module 7 as a team with a trainer:                             <ul style="list-style-type: none"> <li>○ Attend to the training experience as delivered by your trainer</li> </ul> </li> <li>• If you are completing as a team, with your Practice Partner, or on your own:                             <ul style="list-style-type: none"> <li>○ Watch the Module 7 Video (put in time stamp)</li> </ul> </li> </ul>	
<p><b>Knowledge Check:</b> By yourself, with your Practice Partner, or with your team, complete the knowledge check questions included in the Module 7 Knowledge Check questions handout.</p>	
<p><b>Immediate Application:</b> Select <b>at least 1</b> of the coping activities to help introduce yourself to the concept or return to the practice if you are already familiar.</p>	



<p>NOTE: If you are completing Module 7 as a team led by a trainer, your trainer may have already selected an activity for you to complete.</p>	
<p><b>Action Planning:</b> Complete the individual action plan by setting goals for one or more of the following:</p> <ul style="list-style-type: none"><li>• Implementing one of the emotional regulation strategies during moments of distress</li><li>• Using one of the Thought Reframing (Theory A-Theory B) or Thought Defusion (Speech Exercises) techniques for addressing negative thoughts</li><li>• Notice and ride out various urges to improve distress tolerance</li></ul> <p><b>Tip:</b> The action planning worksheet is simple and yet backed by research because it helps us be aware of honest with our biggest barriers. The more specific the barrier, the more success.</p>	
<b>Post-session</b>	
<p><b>Ongoing Practice &amp; Experience:</b> Implement your action plan with your team or Practice Partner</p>	
<p><b>Reflection:</b> As you implement your action plan, connect <b><u>at least once</u></b> with your Practice Partner to discuss the benefits you are experience or not experiencing, and any barriers and solutions to those barriers for maintaining the practice</p>	

## Activity Guide

Module 7: Coping	Activity	Key Points	Estimated Time to Complete	Tips for Delivery
	 Emotional Observer	A method designed to help regulate emotions and to feel less distressed. Participant learns and applies the steps of <b>aware</b> of internal self; <b>naming</b> what is going on in their body; <b>describing</b> feelings (AND)	10 - 15 minutes	In a group setting, it may be beneficial to mention not using a situation that is too traumatic or brings up too many powerful emotions as the person reflects.
	 Urge Surfing	A mindfulness practice that includes being aware of an urge and waiting for it to pass, rather than acting on it.	7-10 minutes	A 3-minute video is part of the delivery process.
	 Progressive Muscle Relaxation	A method for controlled tensing and relaxing of muscles that is used to reduce muscle tension.	5-10 minutes	There are many other scripts available for progressive muscle relaxation.
	 Paced Breathing	A method of slowing one's pace of breathing to slow the activity in your central nervous system and decrease your emotional reactivity. Boxed breathing is used to demonstrate what paced breathing is but other methods are included in Part II of the activity.	5-7 minutes	A 5-min video is linked to the activity, but you could also demonstrate the practice yourself.