

THE ADULT RESILIENCE CURRICULUM (ARC)

Three Core Skills

Values Clarification



Identifying chosen life paths that orient our behaviors, help guide daily actions and decisions, and help transform how we interpret our behaviors

Awareness & Empowerment Through Mindfulness-based Practices



Attending, on purpose, to the present moment and recognizing thoughts as thoughts and not truth

Connecting with Others in Meaningful Ways: Social support, mentoring, & role models



Enhancing and engaging in social connections and relationships for emotional, recreational, and personal support

