



Adult Resilience Curriculum (ARC)

Wellness














WHO WE ARE



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WHO WE ARE



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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*)



Wellness Plan

Review learned wellness concepts, skills, and strategies

Identify most useful concepts, skills, and strategies for your own personal wellness

Create and commit to an ongoing plan for wellness

Our Hopes
for Today



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



Wellness Plan Components

Module Review

Wellness is
Action &
Ongoing

Wellness Plan

ARC Module Review

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Wellness Plan



“Failing to plan is
planning to fail.”

- Sir Winston Churchill
- Benjamin Franklin
- Alan Lakein
- Some dude on the Internet

Recommendations



- ✓ Complete the wellness plan

Recommendations



- ✓ Complete the wellness plan
- ✓ Engage in the plan

Recommendations



- ✓ Complete the wellness plan
- ✓ Engage in the plan
- ✓ Modify plan as needs & wants change