



# Adult Resilience Curriculum (ARC)

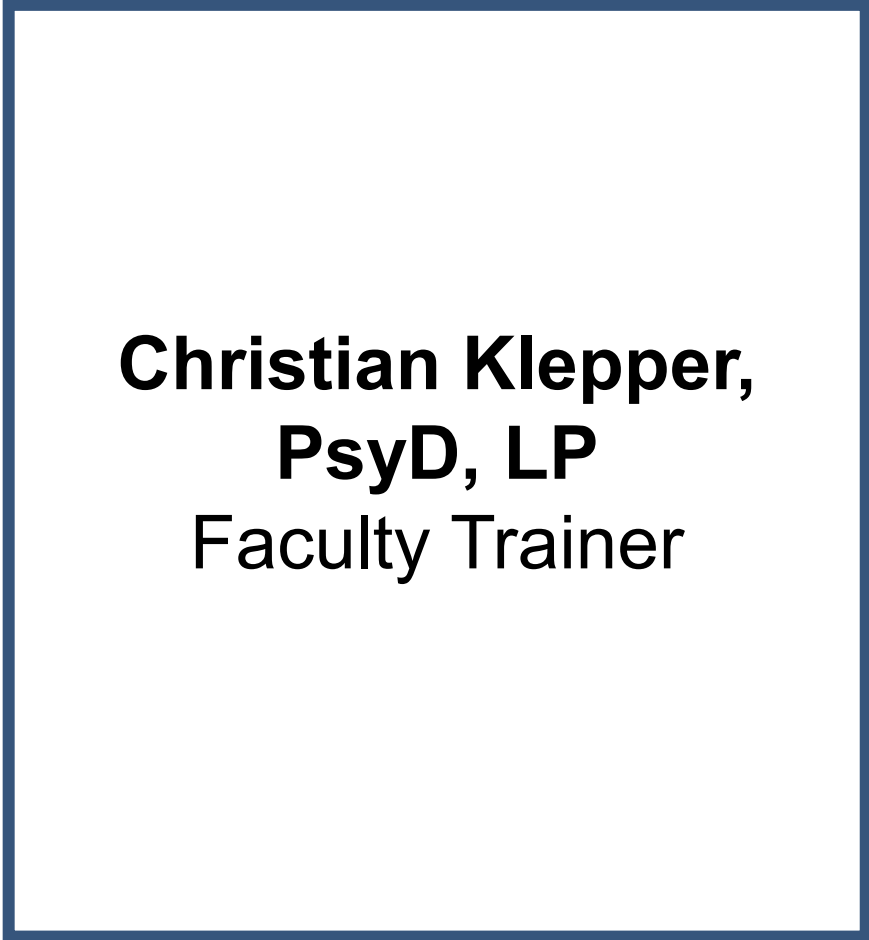

Three R's







# WHO WE ARE




**Christian Klepper,**  
**PsyD, LP**  
Faculty Trainer

# WHO WE ARE



**Hannah West,**  
**PhD, BCBA**  
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

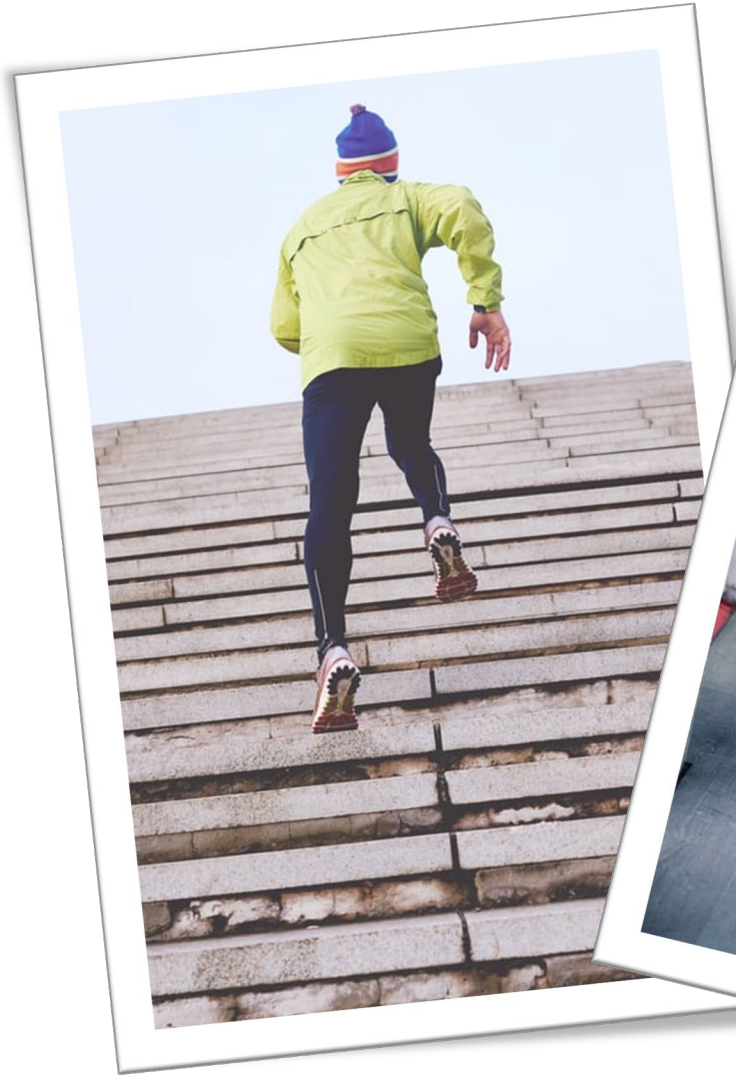
---

- 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



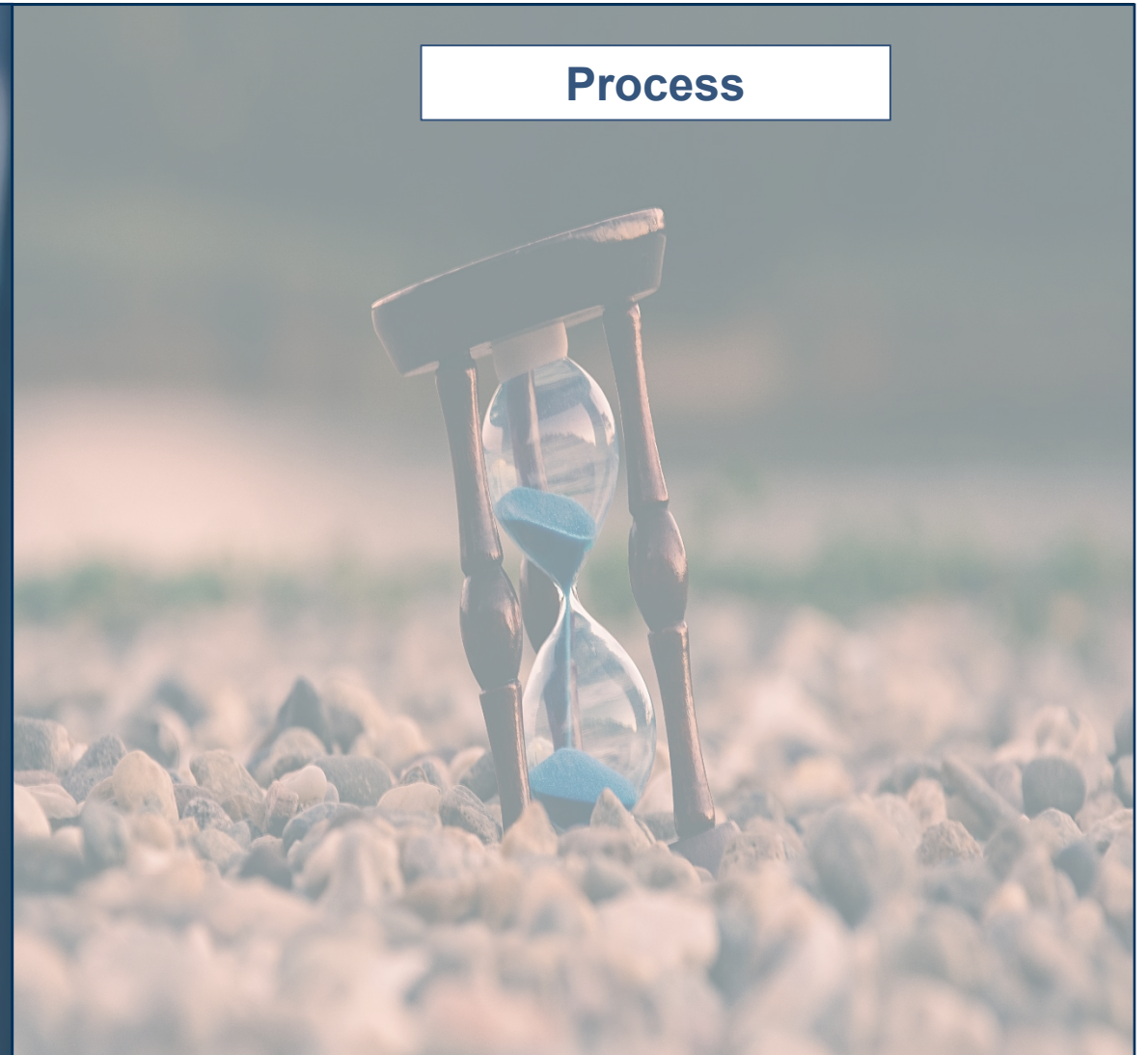
# Approaches to Time

**Commodity**



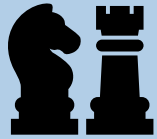
2106	D01	11:15am	On Time
4547	B12	1:30pm	Boarding
780	C03	11:05am	Boarding
4649	E83	3:00pm	On Time
5296	E83	2:00pm	On Time
6729	D09	11:00am	Boarding
7383	E70	11:10am	On Time
8156	B7	11:09am	Boarding

**Process**

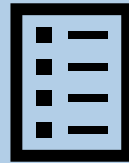




# In-Session Activities



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