

Adult Resilience Curriculum (ARC) for Health Professionals—Module 0: Introduction

Preparation

People (1 team, or 1 practice partner):

Organize into your teams , if you are completing ARC as a team or with your school

OR

Get comfortable wherever you are (home, classroom, etc.)

Materials (4 items):

[Access](#) the following resources:

- Module 0 Slides, OR
- Module 0 Video
- Module 0 Activities
 - Parking Lot
- ARC-Digital-Wellbeing Action Planning-Every Module

Prepare:

Put aside distractions temporarily and set an intention to yourself by answering the question, “Why are you participating in the module?”

Module 0: Introduction

Knowledge:

- If you are completing Module 0 as a team with a trainer:
 - Attend to the training experience as delivered by your trainer
- If you are completing as a team or on your own:
 - Watch the Module 0 Video (put in time stamp)

Immediate Application:

Complete the following steps from Module 0:

1. Complete the Parking Lot activity with your trainer if you have not yet done so.
2. Identify a Practice Partner. You can also work with a Practice Team. If you do, having an outside Practice Partner is still HIGHLY encouraged.
3. Review the general experiential learning process for each module with your Practice Partner and/or team
4. Work with your trainer, team, and/or Practice Partner to set aside structured time to complete modules
5. Practice the evidence-based action planning process by setting a general goal for completing ARC.

Post-session

Ongoing Practice & Experience:

Implement your action plan with your team or Practice Partner

Reflection:

As you implement your action plan, connect **at least once** 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

Activity Guides

Module 0: Intro. to ARC	Activity	Key Points	Estimated Time to Complete	Tips for Delivery
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