

Adult Resilience Curriculum (ARC) for Health Professionals—Module 1: Psychoeducation

**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.)

**Review:**

Reflect on content from the previous module

- If you are completing modules in order, the previous module was **Introduction**

**Materials (5 items):**

[Access](#) the following resources:

- Module 1 Slides, OR
- Module 1 Video
- Module 1 Activities
  - Parking Lot (if not completed in Module 0)
- ARC-Digital-Wellbeing Action Planning-Every Module
- Module 1 Resources Folder

**Prepare:**

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

**Module 1: Psychoeducation**

**Knowledge:**

- If you are completing Module 1 as a team with a trainer:
  - Attend to the training experience as delivered by your trainer
- If you are completing as a team, with your Practice Partner, or on your own:
  - Watch the Module 1 Video (put in time stamp)

**Immediate Application:**

There is only 1 activity for this module and it is to review the action plan process. If you completed Module 0, you will already have done one of these. Please review that action plan and update it now that you have reviewed fundamental concepts about stress and well-being.

**Action Planning:**

See Immediate Application above.

**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

## Activity Guide

Module 1: Psychoeducation	Activity	Key Points	Estimated Time to Complete	Tips for Delivery
	 <p>Parking Lot</p>	<p>This activity includes listing out the things that individuals can and cannot control that are contributing to their stress. The parking lot activity allows for participants to focus on the things that the individual CAN control.</p>	<p>5-10 minutes</p>	<p>This activity could take as much time as you have and/or want to spend on in during the session. It is recommended to accompany this with a “share out” either to the whole group or within teams or with practice partners.</p>
 <p>Action Planning</p>	<p>The individual action planning activity is intended to be repeated following each module. This is a research-supported method for action planning. It allows us to dream for something better and take proactive steps toward any barriers.</p>	<p>5 minutes</p>	<p>This can be completed either in session or as homework following each session.</p>	