

Adult Resilience Curriculum (ARC) for Health Professionals — Module 5: Connection

**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 on **Mindfulness**
- Review Mod 4 [discussion questions](#) with yourself, your team, or your practice partner to guide the review.

**Materials (9 items):**

[Access](#) the following resources:

- Module 5 Slides, OR
- Module 5 Video
- Module 5 Activities
  - Building a mentorship
  - Coals and Diamonds
  - Establish-Maintain-Restore Guide Intro
  - Fill a bucket
- Module 5 Knowledge Check questions
- ARC-Digital-Wellbeing Action Planning-Every Module
- Module 5 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 5: Connection**

**Knowledge:**

- If you are completing Module 5 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 5 Video (put in time stamp)

**Knowledge Check:**

By yourself, with your Practice Partner, or with your team, complete the knowledge check questions included in the Module 5 Knowledge Check questions handout.

**Immediate Application:**

Select **at least 1** of the relationship activities to help introduce yourself to the concept or return to the practice if you are already familiar.

NOTE: If you are completing Module 5 as a team led by a trainer, your trainer may have already selected an activity for you to complete.



**Action Planning:**

Complete the individual action plan by setting goals for one or more of the following:

- Creating and developing a mentorship
- Using EMR techniques with your students (in person AND remote)
- Finding small, feasible ways to reconnect with your community

**Tip:** The action planning worksheet is simple and yet backed by research because it helps us be aware of honest with our biggest barriers. The more specific the barrier, the more success.

**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 Guide

	Activity	Key Points	Estimated Time to Complete	Tips for Delivery*
<b>Module 5: Connection</b>	 Fill a Bucket	Focuses the participant on what types of interactions help to “fill their bucket” and what types of interactions “empty their bucket”	5-8 minutes	
	 Building a Mentorship	A self-reflection process for considering areas that you may benefit from mentoring	10-15 minutes	
	 Establish-Maintain-Restore	A reflection of the relationships that you have with students.	15-25 minutes	You could introduce this in session, but it is an activity that may be best completed individually. Its length is dependent on the number of student relationships the educator reflects on.
	 Coal and Diamond	A reflection tool to help identify the type of social support desired in areas of our life and what type of social support is not desirable.	10-15 minutes	