

Adult Resilience Curriculum (ARC) for Health Professionals —Module 6: Positivity

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 **Connecting Meaningfully**
- Review Mod 5 [discussion questions](#) with yourself, your team, or your practice partner to guide the review.

Materials (10 items):

[Access](#) the following resources:

- Module 6 Slides, OR
- Module 6 Video
- Module 6 Activities
 - Gratitude Journaling
 - Laughter Yoga
 - Thank You Notes
 - Finding Flow
 - Share the Humor
- Module 6 Knowledge Check and Post Session discussion questions
- ARC-Digital-Wellbeing Action Planning-Every Module
- Module 6 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 6: Positivity

Knowledge:

- If you are completing Module 6 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 6 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 6 Knowledge Check questions handout.

Immediate Application:

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

<p>NOTE: If you are completing Module 6 as a team led by a trainer, your trainer may have already selected an activity for you to complete.</p>	
<p>Action Planning: Complete the individual action plan by setting goals for one or more of the following:</p> <ul style="list-style-type: none"> • Training your brain to find realistic and hopeful positives in your days • Regularly appreciating others through small acts that also build community (Module 5) • Setting aside time to find your flow in hobbies and activities you enjoy! <p>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.</p>	
<h2 style="background-color: #92d050; padding: 10px; margin: 0;">Post-session</h2>	
<p>Ongoing Practice & Experience: Implement your action plan with your team or Practice Partner</p>	
<p>Reflection: As you implement your action plan, connect <u>at least once</u> 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</p>	

Activity Guide

	Activity	Key Points	Estimated Time to Complete	Tips for Delivery
Module 6: Positivity	 Thank you notes	Prompts members to think about and write a thank you note to someone. Includes implementation plan	5 minutes to write, 5 minutes for introduction & discussion	
	 Journaling exercise	An activity that has 3 different writing prompts to help one focus on gratitude or something positive that happened	5 minutes to write; 5 minutes for introduction & discussion	
	 Share the Humor	An activity modeled off of the course taught by Dr. Jennifer Aaker at Stanford to help cultivate healthy humor	10-15 minutes	
	 Laughter yoga	A fun way of working on breathing and bringing joy into your day	5 - 15 minutes; You can control the length of time by how much you want to include	This is a link to a 5 minute video if you would prefer to use that for this activity
	 Finding flow	An activity that helps people find their flow state.	10 minutes	May be a better activity to talk about in the group, but have people do on their own since the environment needs to be conducive to finding a “flow state.” Because the activity uses a video game, some may have difficulty in finding their flow state.