

Adult Resilience Curriculum (ARC) for Health Professionals —Module 8: Health

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 **Coping**
- Review Mod 7 [discussion questions](#) with yourself, your team, or your practice partner to guide the review.

Materials (8 items):

[Access](#) the following resources:

- Module 8 Slides, OR
- Module 8 Video
- Module 8 Activities
 - Best Possible Sleep
 - Joyful Movement
 - Mindful Eating
- Module 8 Knowledge Check and Post Session discussion questions
- ARC-Digital-Wellbeing Action Planning-Every Module
- Module 8 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 8: Health

Knowledge:

- If you are completing Module 8 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 8 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 8 Knowledge Check questions handout.

Immediate Application:

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

NOTE: If you are completing Module 8 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:

- Implementing one or more sleep hygiene practices to improve the quality AND quantity of sleep
- Practice mindfulness when eating, incorporating varied nutritious foods, and/or incorporating new cuisines into your nutrition
- Finding big and small ways to increase movement in your life that is joyful and fun




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
Module 8: Health	 Mindful Eating	An application of the mindfulness strategy to eating as a way of helping to improve awareness of one's hunger, increase enjoyment of eating, and encourage exploration with eating.	5 -7 minutes	One needs to have chocolate available for the scripted activity, but you could always use a different food item as well.
	 Joyful Movement	Activity demonstrates how simple movement to music (1 minute of dancing) can help to uplift or bring joy into day.	5 minutes	
	 Goals for Sleep	A structured activity to help participants to improve their sleep practices.	10 minutes	