

# Take 5 Resilience Training



## Give - Be active - Connect Keep learning - Take notice

The Take 5 Steps to Wellbeing is designed to help individuals and communities to develop emotional resilience and well-being. The Take 5 Steps to Wellbeing Training will focus on looking at practical ways the 5 steps can be incorporated into everyday life.

What is Wellbeing? Wellbeing describes how we feel about ourselves and your part in the world around us. Wellbeing is affected by an individual's circumstances, the activities they are involved with and their inner strength and resources. High levels of wellbeing mean that we are more able to:

- Engage constructively with people and the world around us
- Experience positive relationships
- Have a sense of purpose
- Be able to respond to difficulties

What are the Take 5 steps?

- Give
- Be active
- Connect
- Keep learning
- Take notice

This training includes:

- Unpacking the 5 Steps to Wellbeing
- The Importance of Developing Emotional Resilience
- The Psychology of Emotional Resilience
- How Can We Use the 5 Steps to Wellbeing at an Individual Level?
- How Can We Use the 5 Steps to Wellbeing at a Community Level?
- Building a 5 Steps to Wellbeing Toolkit
- Developing Maintenance Strategies

This is a 1 day course.



## Bridge of HOPE

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