



The VK
Wellness
Initiative

FOR COMPLEX AND LIBRARY EMPLOYEES

Resiliency Initiative

This program will aid participants in stress management
and building resiliency

Resilience is the human capacity for recovery and growth in the midst of stress and difficulty. The Resiliency Initiative will offer you a chance to learn how you can become more resilient in all areas of your life. Strategies for increasing resilience are aimed at understanding your personal resiliency profiles and how to use them to your advantage. This includes understanding your stress management experiences, safety strategies, and emotional regulation skills.

The VK Wellness Initiative divides the program into 3 core-courses. Each will run for 4-weeks with four 1-hour sessions. The format for learning about each topic is similar. Participants will learn about the topic and also participate in experiential activities to deepen the learning. Each week will also feature resiliency strategies that help to develop personal resiliency.

Course 1: Understanding Resiliency (2pm - 3pm | February 25, March 4, 11, 18)

Course 2: Making friends with Anxiety (2pm -3pm | March 25, April 1, 8, 22)

Course 3: Emotional Resilience (2pm - 3pm | May 6, 13, 20, 27)

To REGISTER, visit <https://vkwellness.ca/cityofpr/>

Course 1: Understanding Resiliency

February 25 Session 1: What is stress? Learn what stress is and why it is a good thing.

March 4 Session 2: The cost of prolonged stress. Learn about what toxic stress is.

March 11 Session 3: Personal stress profile. Discover your own experience of stress.

March 18 Session 4: Personal stress resiliency plan. Create a plan for increased stress management



Course 2: Making Friends with Anxiety

March 25 Session 1: The neurology of anxiety. Learn about how the brain manages experiences of danger.

April 1 Session 2: Befriending your nervous system: Take a closer look at your own nervous system.

April 8 Session 3: Cycles of anxiety: Look at how your thinking and behaviour reinforce your anxiety experience.

April 22 Session 4: Your personalized strategy for regulation: Create a plan for increasing experiences of safety into your routine and re-shaping the nervous system.



Course 3: Emotional Resilience

May 6 Session 1: Introduction to Emotional Resilience: Learn what emotions are and why we need them.

May 13 Session 2: Development of emotional regulation: The concept of co-regulation and the need to empathy in order to regulate emotions

May 20 Session 3: Emotional Intelligence (EQ): Explore the theory of emotional intelligence and how to increase it.

May 27 Session 4: Setting EQ goals and strategies for increasing EQ