



Co-funded by
the European Union

Disclaimer: Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Action KA210-ADU - Small-scale partnerships in adult education



THRIVE50+

Set of materials for the workshop



Title:

Building Resilience -Strengthening Your Ability to
cope with Stress.

Project title:

**Total Health Resources for Improving
Vitality and Endurance 50+**

Project No.:

2023-2-RO01-KA210-ADU-000184831

THRIVE 50+





FACILITATOR GUIDE

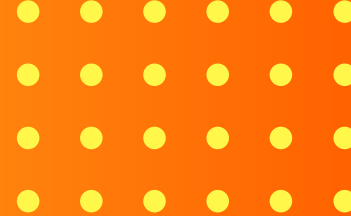


BASIC INFORMATION

Resilience is the ability to adapt to challenges that come with life. This workshop aims to help participants aged 50+ understand resilience, explore strategies to strengthen mental and emotional resilience, and practice activities to enhance resilience in daily life. By the end of this workshop participants will know practical strategies to build mental and emotional resilience and other aspects of resilience.



Co-funded by
the European Union



TARGET GROUP NEEDS

People over 50 often face unique challenges, such as health changes, retirement, or personal life readjustment. Due to these challenges, there is an increase in stress level and emotional imbalance. This workshop aims at providing them with practical steps to build up resilience.



DURATION

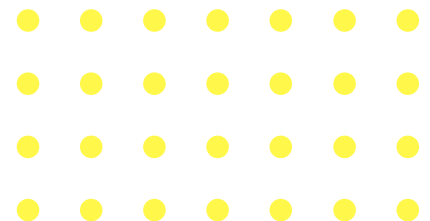
A 2-3 hour duration has been chosen to ensure that participants have sufficient time to learn and practice how to strengthen your ability to cope with stress and learn about resilience. This length allows for a comprehensive introduction to the topic, practical exercises, and a Q&A session, all while keeping participants engaged.

NUMBER OF PARTICIPANTS

The optimal number of participants is set at 2-15 to allow for personalized attention and interaction. This size fosters a supportive environment where participants feel comfortable sharing their experiences and can receive individualized feedback.

EDUCATIONAL OBJECTIVES

- Define resilience and explain its importance in coping with stress.
- Introduce practical strategies to build mental and emotional resilience.
- Engage participants in activities to enhance resilience in everyday situations.





TECHNICAL AND EQUIPMENT REQUIREMENTS

- Comfortable chairs and quiet environment
- A projector and screen (if the workshop is held indoors).
- A flipchart and markers.
- Notepads (notebooks, pens).

MATERIALS

- Flipchart or whiteboard.
- Markers, pens, and paper for participants.
- Handouts on resilience strategies.
- Comfortable seating and a quiet environment.
- Inspirational quotes or stories for discussion.
- Relaxing background music for activities (optional).

METHODS AND TECHNIQUES

- Use a warm and supportive tone to create a safe space for sharing.
- Share relatable examples, especially those relevant to the 50+ age group, such as dealing with health challenges or life transitions.
- Be attentive to participants' emotional responses, offering support as needed.
- Encourage interaction while respecting those who may prefer to rather than share.





Co-funded by
the European Union

Curriculum



THRIVE 50+





Welcome and Introduction (15 minutes)

Objective

- Establish a welcoming environment and introduce the workshop

Explanation of activity:

Icebreaker Activity:

- Ask participants to share their name and one thing that helps them stay strong during tough times.

Workshop Overview:

- Share the objectives and outline of the session.
- Emphasize the importance of resilience for stress management and overall well-being.





Definition and Importance of Resilience (20 minutes)

Objective

- Define and explain to participants the importance of resilience.

Explanation of activity:

1. What is Resilience?:

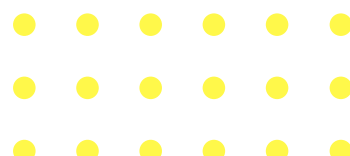
- Definition: Resilience is the ability to adapt to challenges, recover from setbacks, and grow stronger through adversity.
- Highlight that resilience is not about avoiding stress but learning to cope and thrive despite difficulties.

2. Why is Resilience Important?:

- Helps maintain emotional balance during challenging times.
- Promotes physical health by reducing the negative effects of stress.
- Enhances problem-solving and decision-making abilities.

3. Group Discussion:

- Ask participants to reflect on a time when they overcame a difficult situation. What helped them get through it?





Strategies to Build Mental and Emotional Resilience (30 minutes)

Objective

- Provide steps to help participants build mental and Emotional Resilience.

Explanation of activity:

1. Develop a Positive Mindset:

- Encourage gratitude by focusing on what's going well.
- Reframe challenges as opportunities for growth.

2. Strengthen Social Connections:

- Discuss the importance of seeking support from friends, family, or community groups.
- Encourage participants to cultivate meaningful relationships.

3. Practice Self-Care:

- Highlight the role of physical health in resilience, such as regular exercise, a balanced diet, and adequate sleep.
- Discuss mindfulness and relaxation techniques for emotional balance.

4. Improve Problem-Solving Skills:

- Teach participants how to break challenges into smaller, manageable steps.
- Use role-playing to practice responding to hypothetical stressful situations.

5. Cultivate Adaptability:

- Encourage participants to embrace change and remain flexible when faced with uncertainty.

6. Foster a Sense of Purpose:

- Encourage participants to engage in activities or hobbies that bring meaning to their lives.





Activities to Enhance Resilience in Everyday Life (40 minutes)

Objective

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent consectetur placerat velit vel pharetra. Ut at nunc sed nulla aliquam condimentum. Nulla cursus elit id purus malesuada, eu mattis diam gravida. Suspendisse consequat quam dui, vitae tempus sem feugiat eget.

Explanation of activity:

1. Gratitude Journaling (10 minutes):

- Activity: Provide participants with paper and pens and ask them to write down three things they are grateful for.
- Reflection: Discuss how focusing on gratitude can shift perspective and improve mood.

2. Mindfulness Exercise (10 minutes):

- Guide participants through a brief breathing or body scan meditation to help them stay grounded during stressful moments.

3. Strength Inventory (10 minutes):

- Activity: Ask participants to list their personal strengths or skills that have helped them navigate past challenges.
- Discussion: Encourage them to think about how they can use these strengths in current or future situations.

4. Group Sharing(10 minutes)

- Invite participants to share one strategy or activity they plan to practice to build resilience.





Reflection and Closing (20 minutes)

Objective

Conclude the workshop and gather feedback from participants.

Explanation of activity:

Personal Action Plan:

- Ask participants to identify one resilience-building strategy they will implement in the next week.
- Provide a handout for participants to jot down their plan.

Q&A Session:

- Allow time for participants to ask questions or share insights.

: Closing Remarks:

- Thank participants for their engagement and courage in exploring resilience.
- Share an inspirational quote about resilience (e.g., “Life doesn’t get easier or more forgiving, we get stronger and more resilient.” – Steve Maraboli).

Handouts and Resources:

- Distribute printed materials summarizing the strategies discussed and resources for further reading or practice.

