Open Door and Disability Services
resilience programme 2019/20
This is a five week programme.

Session One – Stress and Time Management
Wednesday 30 October
This session is an introduction to the programme, focussing on stress and time management. It will help you to understand the benefits of resilience and what stress is, how it can affect us and the physical symptoms we may experience as a result. Further to this, you will be encouraged to identify ways of managing stress, and develop helpful time management strategies.

Session Two – Perfectionism and Procrastination
Wednesday 6 November
This session is an overview of perfectionism and how it can create feelings of anxiety and lead to avoidance activities such as procrastination. The sessions will help you to understand perfectionism and the effect it can have, while also encouraging you to develop new strategies for dealing with perfectionism and procrastination.

Session Three – Distress Tolerance
Wednesday 13 November
This session explores a variety of different techniques to help you to manage feelings of distress. This will include mindfulness based stress reduction, emotional regulation techniques and specific distress tolerance strategies.

Session Four – Emotional Intelligence
Wednesday 20 November
This session will explore emotional intelligence and how we experience it day to day. It will help to increase your understanding of what emotional intelligence is, and to become more aware of the positive effects it can have on us, our relationships and our work.

Session Five – Assertiveness
Wednesday 27 November
This session focuses on assertiveness and emotional acceptance. It will give you the opportunity to learn specific techniques to increase your assertiveness and manage any feelings that come up as a result.

If you would like to attend this programme, please speak to with your allocated practitioner or disability adviser who can make a referral for you.