Open Door and disabilities team resilience programme
2019/20

This is a 5 week programme
Session One - Stress and Time Management (Wed 5th Feb)
This is an introduction to the programme, focusing 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 (Wed 12th February)
Is an overview of perfectionism and how this 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, whilst also encouraging you to develop new strategies for dealing with perfectionism and procrastination.

Session Three - Distress Tolerance (Wed 19th February)
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 (Wed 26th February)
This session will explore emotional intelligence and how we experience it from day to day. It will help you 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 (Wed 4th March)
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 with your allocated practitioner/disability adviser who can make a referral for you.