

SCARLET & GRIT

A Resiliency Training Program

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The to do list

- Define resilience
- Identify stress model
- Identify stressors
- Explore Effective Coping Skills
 - Mindfulness
 - CBT
 - Positive psychology

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" GRIT IS PASSION AND PERSEVERANCE FOR VERY LONG-TERM GOALS. GRIT IS HAVING STAMINA.

GRIT IS STICKING WITH YOUR FUTURE, DAY IN, DAY OUT, NOT JUST FOR THE WEEK, NOT JUST FOR THE MONTH, BUT FOR YEARS, AND WORKING REALLY HARD TO MAKE THAT FUTURE A REALITY.

GRIT IS LIVING LIFE LIKE IT'S A MARATHON, NOT A SPRINT. "

ANGELA LEE DUCKWORTH



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DEMANDS



COPING
RESOURCES



STRESS

STRIVING



STRUGGLING



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DEMANDS DISCUSSION

- What demands/pressures do you experience?
- What do you do when you're overwhelmed?



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MINDFULNESS



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See as a challenge on your way to success (CBT)

- Take a moment and think of your top three stressors or difficulties you have to overcome
- Now try to reframe this difficulty as a challenge that you can use your competitiveness to overcome

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Positive Psychology

- Gritty people are grateful
 - Think of 2 events that went well for you during the last year
 - Turn to the person next to you and share this list
 - What was that like?

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Just do it!

- Look in to the future and predict three concerns that you are going to have
- Think of how you can apply each of these three skills to that problem
- General discussion

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