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Emotional Workshop:

Building resilience and positive mental health



Objective:

- Understand the concept of stress and its impact on mental and physical health
- Identify common stressors in daily life
- Learn and practice effective stress management techniques and strategies

Key components:

- Definition and understanding of stress
- Common causes and symptoms of stress
- The impact of stress on mental and physical health
- Practical techniques and strategies to manage stress effectively

Duration:

45 minutes



Workshop:

Building resilience and positive mental health



Workshop overview

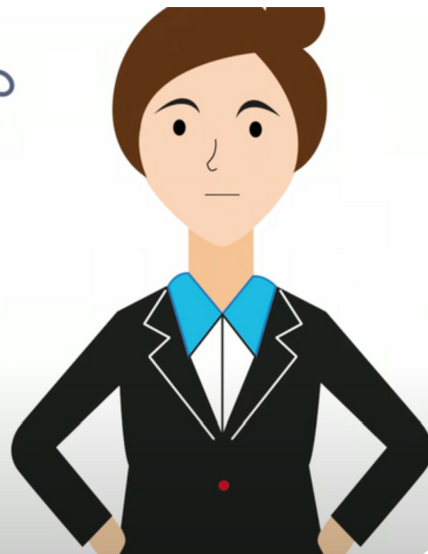
Welcome to the *emotional education workshop*! In the next 45 minutes, we will explore resilience and positive mental health, discussing their impact on emotional, psychological, and social aspects of life.

- **Introduction (5 minutes)**

- Play a **short video** (2-3 minutes) explaining resilience in an engaging way:
 - What resilience is
 - How it affects mental well-being
 - Why building resilience is important
- Use a YouTube video like "What is Resilience":
 - <https://www.youtube.com/watch?v=bcdgyemmOmCA>
- Facilitate a brief discussion:
 - Ask participants: "What stood out to you in the video?"



Understand what happened



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What resilience means?

Activity 1: Understanding Resilience (10 minutes)

- **Visual prompt:**
 - Show a series of images depicting resilience in different situations (e.g., overcoming challenges, bouncing back from setbacks, adapting to change)
 - Ask participants to identify which scenarios they relate to most
- **Interactive AI tool:**
 - Use interactive platforms to collect anonymous responses:
 - <https://www.mentimeter.com/>
 - <https://www.slido.com/>
 - Create a word cloud of participants' perspectives on resilience
 - Facilitate a brief discussion based on the responses
- **Discussion:**
 - Facilitate a brief discussion based on the word cloud.
 - Ask which resilience scenarios resonated most and why
 - Share key patterns from the word cloud
 - Explore different ways people bounce back from challenges



Workshop:

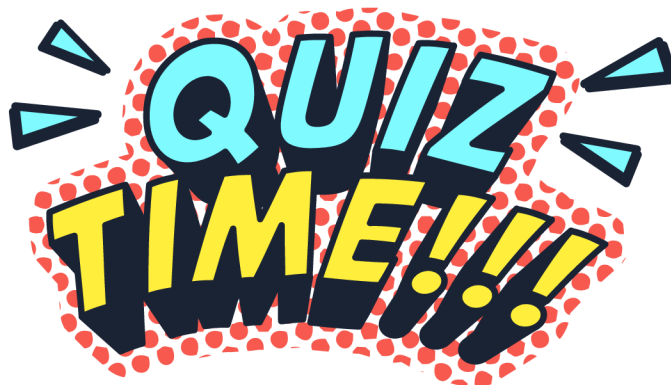
Building resilience and positive mental health



How to build resilience skills

Activity 2: Building resilience skills (10 minutes)

- **Interactive video segment:**
 - Show a short animated video about building resilience
 - Suggested video: "Building personal resilience"
 - <https://www.youtube.com/watch?v=pS5H7VfkuPk>
- **Group reflection:**
 - Use a visual chart categorizing resilience components:
 - Emotional (managing feelings)
 - Mental (positive thinking)
 - Social (support networks)
 - Physical (self-care)
- **AI-powered quiz:**
 - Use engagement tools:
 - <https://kahoot.com/>
 - <https://quizizz.com/?lng=en>
 - Example questions:
 - "Which of these is a key component of resilience?"
 - "What is an effective way to build emotional resilience?"



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Practical resilience tools

Activity 3: Practical resilience techniques & tools (15 minutes)

- **Guided breathing exercise (5 minutes):**
 - Use a visual breathing guide (e.g., a YouTube video or GIF) that shows a calming animation of a circle expanding and contracting to guide participants through deep breathing.
 - <https://www.youtube.com/watch?v=kpSkoXRrZnE&t=61s>
 - Example: Inhale as the circle expands, hold as it pauses, and exhale as it contracts.
- **Mindfulness practice (5 minutes):**
 - Play a short guided mindfulness audio or video (e.g., from Headspace or Calm).
 - <https://www.headspace.com/mindfulness>
 - <https://www.calm.com/>
 - Encourage participants to close their eyes, focus on their breath, and let go of distracting thoughts.
- **AI-Powered resilience tips (5 minutes):**
 - Utilize mental health tools:
 - <https://www.wysa.com/>
 - <https://woebothealth.com/>
 - Generate personalized resilience-building strategies



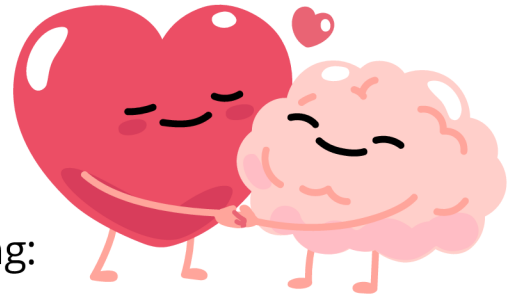
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Conclusion

(5 min)



- **Recap key points:**
 - Summarize the session by reviewing:
 - What resilience means
 - Key components of building resilience
 - Practical techniques learned
- **Interactive reflection:**
 - Use polling tools to ask: "Which resilience strategy will you implement first?"
 - Share helpful resources:
 - Headspace: <https://www.headspace.com/>
 - Calm: <https://www.calm.com/>
 - MoodMission: <http://moodmission.com/>
- **Encouragement and resources:**
 - Share links to helpful apps or websites, such as:
 - Calm: <https://www.calm.com/>
 - Headspace: <https://www.headspace.com/>
 - Emphasize that building resilience is a journey, not a destination
 - Encourage participants to support each other
 - Share local mental health resources and support services
 - Provide contact information for follow-up questions
 - Highlight importance of self-care practices
 - Remind that seeking help shows strength



Workshop:

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Instructions for teachers

Objective: To introduce the concept of building resilience and positive mental health through short videos, illustrations, and AI.

Duration: 45 minutes

Materials required:

- Paper and pens
- Whiteboard markers
- Printed handouts
- Computers/mobile phones
- Projector and internet access

Workshop step by step

Step 1: Introduction (5 minutes):

- Welcome and brief overview of workshop goals
- Show short video introducing resilience concepts
- Quick group discussion about video insights
- Use Mentimeter for initial engagement

Step 2: What resilience means? (10 minutes):

- Define emotional resilience and mental well-being
- Explore key components of resilience
- Group discussion: Share personal understanding of resilience
- Interactive activity using digital tools to gather perspectives



Workshop:

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Step 3: How to build resilience skills (10 minutes):

- Identify core resilience-building strategies:
 - Self-awareness exercises
 - Positive thinking techniques
 - Stress management approaches
- Partner work: Practice reframing challenges
- Share successful coping strategies in pairs

Step 4: Practical resilience tools (15 minutes):

- Learn and practice specific techniques:
 - Mindfulness exercises
 - Breathing techniques
 - Positive self-talk methods
- Hands-on practice with resilience-building tools
- Guided relaxation exercise
- Development of personal coping strategies

Step 5: Conclusion (5 minutes):

- Recap key learning points
- Share resources for continued practice:
 - Recommended apps (Headspace, Calm)
 - Online support tools
 - Self-help resources
- Set personal resilience goals
- Final reflection and feedback



Tips for teachers:

- Create a safe space, encourage participation while respecting boundaries, use inclusive language, and adjust pace as needed. Be prepared to provide support when necessary.



Follow-up activity at home

(5 min)

- **Resilience journal:**

- Keep a weekly journal noting:
 - Challenges faced
 - Resilience strategies used
 - Effectiveness of different approaches
- Use reflection apps:
 - <https://reflectly.app/>
 - <https://journey.cloud/>

- **AI reflection tool:**

- Encourage participants to use an AI journaling app (e.g., Reflectly or Journey) to log their stress experiences and receive insights or motivational prompts.
 - <https://reflectly.app/>
 - <https://journey.cloud/>

TOOLS

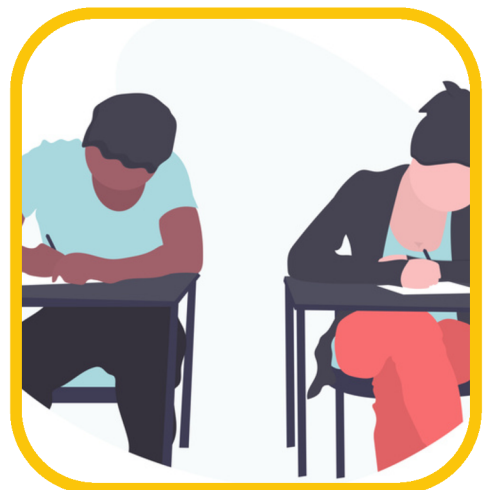


Wavers.io



Wavers is an free-to-use easily accessible and practical tool available to you and your students, which helps strengthen the community/unity and social cohesion of your educational institution and study environment. Get a quick insight into the Wavers app - watch the [video](#)

Wavers is a tool that lies outside the core curriculum, but as a teacher, you can utilize it at any time. Wavers does not require downloading as an app; instead, it functions as a web-based tool accessible on mobile devices. This ensures that assistance is always just a pocket away for students. Additionally, Wavers empowers students by enhancing their ability to reach out and accept help, fostering a proactive approach to their learning and well-being.



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