

Resilience Programme

Resilience is the ability to cope with tough experiences. Building your resilience can help to protect your wellbeing, even when times are hard.

SilverCloud[®] by Amwell[®] is a digital therapy course. It can help you to become more resilient by learning new ways of thinking. By taking the *Resilience* programme, you can become stronger, and gain a more optimistic viewpoint.



Knowledge and Understanding

You'll learn about different types of resilience and how they can help you. And you will assess your current levels of resilience in each of these areas.



Skills and Strategies

The programme starts by helping you work out what's most important to you in life. You'll discover ways to build your confidence and improve your relationships. Plus, you'll learn how to create a healthy lifestyle. By tuning in to your thoughts and emotions you'll start to create a more positive outlook.



Forging Ahead

At the end of the programme, you will have learned how to increase your resilience in all areas of your life. And you'll have a plan to continue your progress so you can adapt to whatever lies ahead.

Is this programme for me?

This programme can help you achieve a greater sense of wellbeing and satisfaction. The techniques you learn will help you to deal with challenges, both today and in the future.

You can access the programme on your phone, computer or tablet – wherever and whenever you need it. There are seven modules to work through at your own pace. For most people it takes about eight weeks.

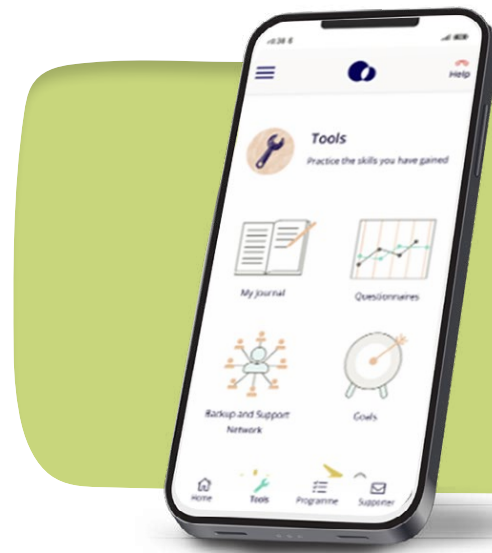
There may be days when you don't feel like using your programme – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

Cognitive behaviour therapy

This programme is based on cognitive behaviour therapy, or CBT for short. CBT has been used for many years, as an effective way to improve wellbeing. It allows you to become more aware of how you are feeling and teaches you to make the changes you need to feel better.

Modules in the *Resilience* programme:

- **Building Resilience** – Find out how resilience can enhance your wellbeing and efficiency.
- **Purpose** – Identify your values, passions and what matters most to you in life.
- **Self** – Appreciate your strengths and learn to practice self-compassion.
- **Connections** – Nurture your relationships and engage with others.
- **Body** – Focus on your health by eating well, being physically active and getting enough rest.
- **Mind** – Cultivate the habits of balanced optimism and being grateful for what you have.
- **Moving Forward** – Apply what you have learned to your daily life.



“It is reassuring to know that I have the strength to deal with whatever lies ahead.”

Jo, SilverCloud® user

The *Resilience* programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people face life's challenges and how this programme has helped them. It can help to realise you are not alone.
- **Quizzes** – Test your knowledge about resilience. Learn the factors that influence it.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our relaxation podcasts.
- **Goal Setting** – Setting goals can increase your resilience, by making you feel more in control of your life.
- **Resilience Star** – Achieve balance in your life, by mapping out what matters to you.
- **Balanced Optimism Tool** – Challenge yourself to find the most helpful ways of thinking about what you are facing.

You can access this program right away: [click here to visit the Lanarkshire Mind Matters sign-up page](#)

