

Activity Plan



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NAME OF THE ACTIVITY: ACTIVATE YOUR RESILIENCE

OVERVIEW

IN THIS WORKSHOP, PARTICIPANTS BUILD THEIR PERSONAL “COPING TOOLKIT” WITH STRATEGIES AND TECHNIQUES TO MANAGE ANXIETY AND DEPRESSION. THROUGH INTERACTIVE DISCUSSIONS AND HANDS-ON EXERCISES, THEY LEARN HOW TO IDENTIFY TRIGGERS AND ADOPT HEALTHY COPING MECHANISMS.

OBJECTIVES

IDENTIFY PERSONAL TRIGGERS AND EFFECTIVE COPING STRATEGIES.
DEVELOP A PERSONALIZED TOOLKIT FOR MANAGING CHALLENGING EMOTIONS.
EMPOWER PARTICIPANTS TO TAKE PROACTIVE STEPS TOWARD MENTAL WELL-BEING.

TARGET GROUP:

18 – 30 YEARS OLD
YOUNG INDIVIDUALS MOTIVATED TO LEARN CONCRETE COPING SKILLS AND STRATEGIES FOR EMOTIONAL WELL-BEING.

GROUP SIZE:

IDEAL RANGE: 10-20 PARTICIPANTS
ENOUGH PEOPLE TO SHARE DIVERSE COPING IDEAS, BUT STILL MANAGEABLE FOR GROUP DISCUSSIONS.

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THEMES ADDRESSED:

MENTAL HEALTH AWARENESS
EMOTIONAL LITERACY AND COMMUNICATION
PEER SUPPORT AND EMPATHY
BOUNDARIES AND HELP-SEEKING

COMPLEXITY AND TIME:

MEDIUM: INVOLVES SOME SELF-REFLECTION AND GROUP EXERCISES; ACCESSIBLE TO MOST PARTICIPANT, BUT REQUIRES ACTIVE ENGAGEMENT.

90 MINUTES

ICEBREAKER: COPING BINGO (10 MIN)

TRIGGER MAPPING (20 MIN)

TOOLKIT BUILDING (25 MIN)

COPING ROLE-PLAY (20 MIN)

REFLECTION (15 MIN)

MATERIALS:

PRINTED BINGO CARDS WITH COPING IDEAS (OR BLANK CARDS TO FILL IN)
MARKERS, PENS, AND STICKY NOTES FOR TRIGGER MAPPING
HANDOUTS OR WORKSHEETS FOR THE PERSONAL COPING TOOLKIT
ANY SIMPLE PROPS NEEDED FOR ROLE-PLAY SCENARIOS

RESOURCES:

PRINTED HANDOUTS OR CARDS WITH DEPRESSION DEFINITIONS AND SYMPTOMS

MAGAZINES, NEWSPAPERS, GLUE, SCISSORS, MARKERS, PAPER

OPTIONAL: MUSIC, POETRY BOOKS, SYMBOLIC ITEMS, MULTIMEDIA TOOLS

STICKY NOTES AND PENS FOR DEBRIEF
A QUIET AND CREATIVE-FRIENDLY SPACE

INSTRUCTIONS

1. ICEBREAKER (10 MIN) – “COPING BINGO”

- SETUP: PREPARE BINGO CARDS WITH DIFFERENT COPING STRATEGIES PRINTED IN EACH SQUARE.
- PROCESS:
 - HAND OUT CARDS AND EXPLAIN THAT PARTICIPANTS SHOULD MARK OFF STRATEGIES THEY HAVE TRIED OR FEEL CONNECTED TO (E.G. TAKING A WALKING, LISTENING TO MUSIC, EXERCISING).
 - AS THEY MARK, INVITE A FEW TO SHARE BRIEF STORIES BEHIND THE STRATEGIES THEY’VE USED, SETTING A FRIENDLY TONE FOR LEARNING.

2. TRIGGER MAPPING (20 MIN) – “IDENTIFY YOUR TRIGGERS”

- SETUP: DISTRIBUTE WORKSHEETS OR BLANK SHEETS FOR MAPPING TRIGGERS.
- PROCESS:
 - INSTRUCT PARTICIPANTS TO LIST SITUATIONS, THOUGHTS, OR FEELINGS THAT TYPICALLY TRIGGER ANXIETY OR LOW MOOD.
 - IN SMALL GROUPS, HAVE THEM DISCUSS COMMON THEMES AND WRITE DOWN SHARED TRIGGERS ON A FLIP CHART.
 - GUIDE THE CONVERSATION WITH QUESTIONS LIKE “WHAT SIGNS INDICATE YOU’RE REACHING A STRESS POINT?”

3. TOOLKIT BUILDING (25 MIN) – “WHAT WORKS FOR ME?”

- SETUP: PROVIDE MARKERS, STICKY NOTES, AND PRE-PREPARED WORKSHEETS FOR A COPING TOOLKIT.
- PROCESS:
 - EXPLAIN THAT PARTICIPANTS WILL NOW BRAINSTORM AND LIST SPECIFIC COPING STRATEGIES TO COUNTERACT THEIR IDENTIFIED TRIGGERS.
 - ENCOURAGE CREATIVITY: THESE STRATEGIES CAN BE PHYSICAL (E.G., TAKING A WALK), CREATIVE (E.G., DRAWING), SOCIAL (E.G., TEXTING A FRIEND), OR MINDFULNESS-BASED (E.G., DEEP BREATHING).
 - HAVE PARTICIPANTS WORK INDIVIDUALLY FIRST, THEN SHARE THEIR IDEAS IN SMALL GROUPS TO COMPILE A “GROUP TOOLKIT” ON A SHARED SHEET.

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INSTRUCTIONS

4. INTERACTIVE EXERCISE (20 MIN) – “COPING ROLE-PLAY”

- **SETUP:** PREPARE SCENARIO CARDS DESCRIBING COMMON STRESSFUL SITUATIONS.
- **PROCESS:**
- IN SMALL GROUPS, ASSIGN EACH GROUP A SCENARIO.

ASK THEM TO ROLE-PLAY THE SITUATION, FIRST DEMONSTRATING A TYPICAL REACTION, THEN RE-ACTING USING ONE OR MORE STRATEGIES FROM THEIR TOOLKIT.

ENCOURAGE DISCUSSION ABOUT WHICH STRATEGIES FELT MOST NATURAL AND EFFECTIVE.

5. REFLECTION (15 MIN) – “TOOLKIT TAKEAWAY”

SETUP: PROVIDE ART SUPPLIES OR PLAIN PAPER FOR CREATING A VISUAL SUMMARY.

PROCESS:

INVITE PARTICIPANTS TO CREATE A “TOOLKIT CARD” SUMMARIZING THEIR PERSONAL COPING STRATEGIES—THIS MIGHT BE A DRAWING, MIND MAP, OR LIST.

ASK VOLUNTEERS TO EXPLAIN THEIR TOOLKIT AND HOW THEY PLAN TO USE THESE STRATEGIES IN THEIR DAILY LIFE.

END BY COLLECTING THESE TOOLKIT CARDS AS A VISUAL REMINDER OF THE SESSION’ S OUTCOMES.

DEBRIEFING AND EVALUATION:

FACILITATORS LEAD A BRIEF DISCUSSION ON WHICH TECHNIQUES RESONATED MOST AND HOW THEY CAN BE APPLIED IN DAILY LIFE.

FACILITATORS CAN ALSO ASK THE FOLLOWING QUESTIONS TO HELP PARTICIPANTS SHARE THEIR EXPERIENCES MORE EASILY.

GENERAL EXPERIENCE:

- “WHAT WAS THE MOST MEANINGFUL MOMENT FOR YOU DURING TODAY’ S WORKSHOP?”
- “CAN YOU DESCRIBE A PART OF THE SESSION THAT RESONATED WITH YOU EMOTIONALLY?”
- “HOW DID TODAY’ S WORKSHOP MEET YOUR EXPECTATIONS, AND IN WHAT WAYS COULD IT BE EVEN MORE BENEFICIAL?”
- “DO YOU HAVE ANY ADDITIONAL COMMENTS OR FEEDBACK THAT COULD HELP IMPROVE FUTURE WORKSHOPS?”

ADDITIONALLY, PARTICIPANTS CAN FILL OUT A SHORT FEEDBACK FORM AT THE END OF THE WORKSHOP.

TIPS FOR FACILITATOR

- KEEP THE SESSION INTERACTIVE AND FLEXIBLE TO ALLOW FOR PERSONAL INSIGHTS.
- USE ENCOURAGING, REAL-LIFE EXAMPLES AND OCCASIONAL HUMOR TO LIGHTEN THE MOOD.

FOLLOW UP

- DISTRIBUTE A DIGITAL WORKBOOK FOR ONGOING TRACKING OF COPING STRATEGIES.
- SET UP A FOLLOW-UP SESSION TO REVIEW TOOLKIT USAGE AND SHARE SUCCESS STORIES.