

COUNSELING GROUPS

Counseling Groups: RAP Meetings

1. **Managing Stress (mindfulness):**

Have you experienced negative thoughts, fighting w/ family, friend drama or school frustration? Learn ways find peace and relaxation in your life. |

2. **Effective Communication:** How to confidently talk to people. Friend issues? How to solve friend problems and work things out.

3. **Organization:** Learn skills to manage your time, binder, and homework.

4. **Positive self-esteem/boundaries (girl group):** Work on self-esteem, relationship boundaries and the influence of media. Learn coping skills and positive self-talk.



**YOUR ROAD
TO RESILIENCY**

OBJECTIVES

- Be able to define resiliency.
- Have better understanding of how to build resiliency.
- Learn study skills.



**KEEP
CALM
AND
HAVE
RESILIENCE**

RESILIENCE-DEFINITION

- Ability to recover from misfortunes or adjust easily to change.
- Bounce back to normal level of functioning.

Read this definition to yourself 3 times.
Try and say it memorized to your neighbor.

RESILIENCY IS A SKILL

- Some people are born resilient.
- You can also BECOME resilient.
 - It is a skill (like learning to play an instrument or a sport).

RESILIENT PEOPLE

- Tend to be happier than the average person
- Have better relationships
- Higher life satisfaction
- Less hopelessness, anxiety and depression



DONKEYY STORY

THINK: How
does the donkey
show resiliency?



DONKEY STORY: LISTEN TO POSITIVE PEOPLE IN YOUR LIFE TO HELP YOU IN DIFFICULT SITUATIONS

The Farmer and the Donkey

A donkey wandered away from his owner when the farmer wasn't looking, went down a slippery slope, and fell into a ravine. The farmer tried to help him get out, but the donkey was too heavy. Then he had an idea. The farmer got a shovel, and, talking encouragingly to the donkey, began to shovel dirt into the ravine.

Some of the dirt fell on the donkey, who didn't like it very much, and for a moment the donkey even thought the farmer was attempting to punish him by burying him alive! But slowly, as the farmer kept shoveling and kept encouraging the donkey to shake it off and step up on the dirt, the donkey realized that the dirt was rising higher and higher. "Come on, donkey, I know you can do it!" said the farmer, "Shake it off and step up!" After a while, the donkey realized he had made considerable progress in extricating himself from his difficult position. "Come on, keep going, you're almost here! Shake it off and step up, and soon you'll be out of the hole!"

The donkey took his advice, shook off the dirt that fell on him, and stepped up onto the pile until he was able to walk out of the ravine to freedom.

HOW DOES THE DONKEY SHOW RESILIENCE IN THIS STORY?



- **STOP** letting others influence you and take control.
- **SHAKE OFF** any discouragement or negative feelings.
- **STEP UP** to the challenge.

Choose one of these three things to work on (stop, shake it off, step up) and write it on the back of your paper.

5 WAYS TO BUILD RESILIENCE

[https://www.youtube.com/
watch?v=IFDyiUEn8Vw](https://www.youtube.com/watch?v=IFDyiUEn8Vw)

5 WAYS TO BUILD RESILIENCE

1. Getting recharged (sleep)
2. Staying connected to family and friends (communication)
3. Setting a goal
4. Expressing emotions (art, music, writing, exercise)
5. Take time out (deep breathing, eliminate distractions)

RESILIENCY PAPER

- Look at the **FOUR** boxes on your paper.
- Draw a picture or write what you can personally do, in each box, to become more resilient.

HOMework: PLANNER, CALENDAR, WRITE A LIST

- a. Write down homework
- b. DUE dates
- c. Completion
- d. Turn in homework

STUDY TIPS

****Underline or highlight skills that would work for you****

1. Read “Top 10 Student Success Skills”
2. Read “Steps to Successful Studying”

YOU MAKE THE DIFFERENCE

Create something
that will make the
world awesome!

<https://www.youtube.com/watch?v=l-gQLqv9f4o>