

# Building Strength and Resilience

Providing resources, education and clinical support to enhance the ability to ‘bounce back’ from difficult life experiences.

## Who is the program for?

Anyone experiencing depression, anxiety, stress, or having difficulties adjusting to change.

## Program content

- Facing feelings
- Better understanding of symptoms
- Awareness, acceptance and tolerance
- Challenging unhelpful thoughts
- Compassionate self support
- Promoting happiness and wellbeing
- Establishing a healthy life
- Maintenance and relapse prevention

### About the program

The Strength and Resilience Day Program is designed for people experiencing stress and difficulties with adjusting to current changes or stressors in their lives. The Program has been designed to support people to cope with depression, anxiety, addiction and adjustment issues. Using evidenced based strategies, the aim of the program is to build personal resilience. Participants will be taught a range of practical skills to ‘bounce back’ from stressful and difficult life experiences and get back to meeting the demands of day to day life. A number of theoretical models are utilised including Cognitive Behavioural Therapy (CBT), Positive Psychology, Mindfulness and Affect or Emotional Regulation.

### When is it held?

Every Friday from 9:00am - 2:30pm, for eight weeks. Morning tea, lunch and afternoon tea is provided.

### How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Robina Private Hospital.

### How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund or Workcover. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Robina Private Hospital.

