

Positivity and Relaxation Training (PART)

Program Content Overview

All classes will be held virtually via Zoom on Tuesdays September 10th – November 5th from 6:15-7:45pm EST.

September 10, 2024 Session 1

- Introduction to the program & each other
- The genesis of BHI and mind body interventions
- Setting goals
- Measuring stress & resiliency – how we will track our self-care success

September 17, 2024 Session 2

- In introduction to self-care: the science of mind body medicine
- Body awareness: how stress affects us physiologically
- Appreciations
- The Weekly Practice Note: a tracking tool for health and resilience
- Developing a consistent practice

September 24, 2024 Session 3

- The Relaxation Response
- The mini: introducing meditation to our daily life
- Sleep: its importance, assessing our current sleep hygiene and tips to improve sleep and restfulness

October 1, 2024 Session 4

- Stress awareness
- The Body Scan
- Charting our stress warning signals
- Mindful awareness
- Mindful eating
- Social support – how relationships affect our stress and resilience

October 8, 2024 Session 5

- Mindful movement
- Negative automatic thoughts
- The Coping Log

October 15, 2024 Session 6

- Creating an adaptive perspective
 - Coping log
 - Good bad routine
 - Adaptive emotions
- Promoting physical activity
- Problem-Solving vs. Acceptance
- Imagery

October 22, 2024 Session 7

- Creating positivity
- Relaxation signals

October 29, 2024 Session 8

- Creative expression
- Narrative
- Letter to self

November 5, 2024 Session 9

- Humor
- Laughter
- Coping
- Draft a Long-term Resiliency Plan