

Positivity and Relaxation Training (PART)

Program Content Overview

Register [HERE](#)

All classes will be held virtually via Zoom on Tuesdays October 1st – November 5th
from 6:15-7:45pm EST.

October 1, 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
- In introduction to self-care: the science of mind body medicine
- Body awareness: how stress affects us physiologically

October 8, 2024 Session 2

- Appreciations
- The Weekly Practice Note: a tracking tool for health and resilience
- Developing a consistent practice
- The Coping Log

October 15, 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 22, 2024 Session 4

- Stress awareness
- The Body Scan
- Charting our stress warning signals
- Mindful awareness
- Mindful eating
- Mindful movement

October 29, 2024 Session 5

- Negative automatic thoughts
- Creating an adaptive perspective
 - Coping log
 - Good bad routine
 - Adaptive emotions
- Promoting physical activity
- Problem-Solving vs. Acceptance
- Social support – how relationships affect our stress and resilience

November 5, 2024 Session 6

- Imagery, Humor, and Laughter
- Creating positivity
- Relaxation signals
- Narrative
- Letter to self
- Draft a Long-term Resiliency Plan