

# BOUNCE.

Vital Step's Resilience Program

# Get Ready To.

- Start a resilience journey by establishing your personal baseline.
- Explore personally meaningful and relevant tactics to recharge physically.
- Practice skills and habits to mentally and socially recharge.
- Move past vicious cycles and step into sustainable virtuous cycles.

“Extraordinary storms turn average seamen into extraordinary soldiers”

# Program Layout.

## About The Program

Bounce. Is a scientific and application based approach that will help you bring out the best version of yourself and navigate through times of uncertainty with SKILL

## Duration

The 8 Week Program aims to guide you towards Peak Performance by using techniques that are Evidence Based , Easy To Use and Replicable

## Learning Week

Each Week consists of 1.5 hours of reading time and 1.5 hours of practice time along with multiple opportunities for live interactions

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→ **Formal practice** means going through the Educational Content plus listening / watching the specific recording for that week. It helps to record what you noticed, what came up for you, including any thoughts, emotions or sensations that you noticed during the exercise.

It will be harder to reconstruct later so it is a good idea to jot down what you noticed immediately after. Remember, there are no right or wrong answers, let your experience be the experience.

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→ **Informal practice** means performing a daily activity that doesn't take any extra time. As above, it is good to jot down a few notes regarding your thoughts, feelings, and sensations as you perform each informal practice task.

# Week Wise Content Flow.

WEEK 1 Starting your resilience journey – establish a baseline

WEEK 2 Dimensions of Resilience

WEEK 3 The Pillars of Emotional Resilience

WEEK 4 Processing Emotions - Analysing Core Beliefs & Stress

WEEK 5 The Window of Tolerance

WEEK 6 Compassion : Inside Out

WEEK 7 Empathy as a Pathway to Resilience

WEEK 8 Ongoing Self Care & Nourishment :

Bouncing forward – Creating your virtuous cycle