DAY-Two

Mind Set-Activity- Draw a hand

- I would like you to draw a quick picture of a hand.
- I will check with you to see how you are doing in a few seconds.



Surviving Tough Times/Resilience

- **Activity – Think it through**

- Think of a recent time when things did not go your way. It may have been at work, at home, or with friends. Were you …



- ✓ Sad
- ✓ Guilty or ashamed
- ✓ Embarrassed
- ✓ Afraid or anxious
- ✓ Angry or frustrated
- ✓ Disgusted
- What happened? (List just the factors, try not to analyze)
- ✓ Who?
- ✓ What?
- ✓ When?

- In the Think It Through activity above, you used the first resilience skill to identify the basic “I think, I feel, I do…” pattern for an event where things did not go your way.
- The second skill, which we call RAMP Up will teach you how to change your thoughts and notice that by changing your thoughts you could also change your emotions and perhaps find different pathways to move forward.
- As you do, you may need to RAMP Up your challenges to your thoughts. When you RAMP Up, you reject and rethink evidence, generate alternatives, minimize the initial evidence and plan a route ahead.

Activity-Mindful Moment: RAMP Up

For the following activity return to your Think It Through example

Activity-Mindful Moment: RAMP Up

1. Reject and Rethink:- Look for evidence that would cause you to reject and rethink your first thought. What have you missed?

2. Alternatives- Generate other ways of explaining the event. Can you think of causes with shorter duration, narrower scope, and that leave you more in control?

3. Minimize- Create some wiggle room. If you cannot reject or develop an alternative, can you at least narrow the duration and scope of the cause in your first thought?

4. Plan- Sometimes our thoughts are more about “what next” than “why.” When challenging “what next” thoughts, a plan to achieve better outcomes can help. What steps can prevent the worst and make the best more likely? At first, this will seem like a lot of work. However, by thinking through your reaction to events carefully and thoroughly, you will find the best ways to challenge your own thoughts.

- After some deliberate practice you will find yourself challenging broad, permanent causes of adversities that diminish your control even as they pop into your mind.
- Further, you will more easily and quickly see the evidence that points to more optimistic explanations featuring specific, short-term causes that leave you in control. Keep using Think It Through and RAMP Up until it becomes automatic.
- If you get stuck, ask a friend to Think It Through with you.

ROLE PLAY

- Students could have training on types of stress and then some students would take the role of influencing other students while others take the role of influenced position and identify the type of stress in play practice.

➢ ***Hint:*** positive stress e.g. studying with a time limit, exam stress

- Tolerable stress e.g. losing of family
- Toxic stress e.g. Family divorce

Coping: Help them Cope

Scenario 1:

Meseret is a fresh female student in one of the University of Ethiopia. While she has started

attending her education, she experienced tension having a rumor about a department

dismissal of one of students that she expects was excellent. After a while she heard that

there is a guidance and counseling service in the university and discussed the issue.

Scenario 2:

- Meaza is a fresh female student in one of the University of Ethiopia. While she has started attending her education, she experienced tension having a rumor about the department dismissal of one of students that she expects was excellent. When the Exam day was close she engaged in stress. So she made a decision to prepare a small piece of paper and write notes. Unfortunately on exam the teacher/invigilator caught her cheating.

Scenario 3:

- Aster is a fresh female student in one of the University of Ethiopia. She joined the department of her choice by scoring high grade in entrance examination.
- While she has started attending her education she experienced tension and started to studying 24h having a rumor about how vast and difficult the course of the department. Finally she believes she can’t cope up with the courses then she come to decision and went to the student service office and request withdrawal.

Activity – Resilience

- What emotions did you feel with those thoughts and beliefs ?
- What did you do about it?



Activity – Resilience

- Mindful Moment: RAMP Up
  - Reject & rethink
  - Alternatives
  - Minimize
  - Plan



Activity Paper Chain

1. Cut A4 Size paper vertically into more than four equal sized parts.
2. Form a group of 6 to 10 participants & give them equal number of pieces of papers with equal number of glues.
3. Give them 15-20 minutes to make a paper chain in collaboration using one hand only and communicating non verbally.
4. Ask participants how important communication was in doing the task.