



Thinking Skills for Resilience

Challenge unhelpful thoughts and build persistence.

The Science and Theory



Our thoughts shape our mental toughness. Our inner voice, however, tends to emphasize the negatives, lowering our resilience. Learn how to spot thinking traps, cultivate resilience-building thoughts, and silence the chatter that negatively affects your everyday well-being. This module is grounded in the research on resilience, cognitive-behavioural therapy, and chatter.

The Practice



In this session, you will learn:

- To spot thinking patterns that lower resilience
- About thought processes that lead to overthinking
- Ways to develop questions that challenge unhelpful thoughts

The Module



This 2-hour course introduces you to thinking skills for resilience.

- Part 1: Thinking traps
- Part 2: Questions to challenge unhelpful beliefs
- Part 3: Silencing chatter

Complementary Modules



This 2-hour module pairs well with:

- Module 1: Emotional Intelligence
- Module 7: Mindfulness
- Module 8: Journalling for Emotion Management

Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

Contact Us



For more information on this course, or to engage one of our trainers for your session, email teeyj@help.edu.my

Web and Resource Article



- www.emotivity.my
- <https://emotivity.my/the-body-mind-connection-how-positive-emotions-and-emotion-skills-buffer-against-psycho-somatic-illnesses>

References



- Beck, A. T., & Dozois, D. J. (2011). Cognitive therapy: Current status and future directions. *Annual Review of Medicine*, 62, 397-409.
- Reivich, K. & Shatté, A. (2002). *The resilience factor: 7 essential skills for overcoming life's inevitable obstacles*. Broadway Books.