

**Virtual Stress Management and Resiliency Training (SMART) EXAMPLE SYLLABUS**

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| **Session** | **Date** | **Agenda** |
| Session 1:  | Wednesday, Oct 14, 20201:00-2:30 | Overview of mind body research and practicesEnergy BatteryBreath & Body Awareness |
| Session 2: | Wednesday, Oct 21, 20201:00-2:30 | Mini Meditations Sleep Hygiene Body Scan  |
| Session 3: | Wednesday, Oct 28, 20201:00-2:30 | Social Support Stress warning signalsMindfulness Components  |
| Session 4: | Wednesday, Nov 4, 20201:00-2:30 | Pleasant Behaviors & Self-Care Goal setting Chair Yoga Intro to thought distortions & how to combat them “New & Good” |
| Session 5:  | Wednesday, Nov 18, 20201:00-2:30 | Insight Imagery-“Safe Space” Meditation Good, Bad, Routine exercise Adaptive PerspectivesProblem-Solving vs Acceptance During StressStop Breathe Reflect Choose |
| Session 6:  | Wednesday, Dec 2, 20201:00-2:30 | Healthy Diet & Super foods Mindful Eating Contemplation Meditation Achieving OptimismRelaxation Signals |
| Session 7:  | Wednesday, Dec 9, 20201:00-2:30 |  Lovingkindness Meditation Physical ActivityRoot FearCreative ExpressionPerception/Mindsets  |
| Session 8:  | Wednesday, Dec 16, 20201:00-2:30 | Empathy/Self CompassionHumor & Health Benefits Staying resilient Review of program Letter to Self |
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