



Toolkit 1 Learning Unit 10

Awareness about yourself: reconnecting to yourself,
keep in mind your resilience

Post intervention

Developed by



Associazione EMDR per l'Italia



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L.U. 10 – Synopsis

Awareness about yourself: reconnecting to yourself, keep in mind your resilience



1. Awareness about your self

- Question: How do you feel after the early psychological intervention?
- Activity 1: Recommendations



2. Connect to your inner resilience?

- Question: Are you maintaining your inner resilience?
- Activity 2: Exercise - Deep and slow breathing



3. Connect to your external resilience?

- Questions: Am I connected to a strong external network?
- Activity 3: Recommendations
- Activity 4: Self assessment



4. Areas of improvement

- Question: Can I do something more to improve my resilience?
- Activity 4: Exercise



5. What was your coping style during the intervention?

- Question: Do you recognise your coping style during the intervention?
- Activity 5: Self assessment

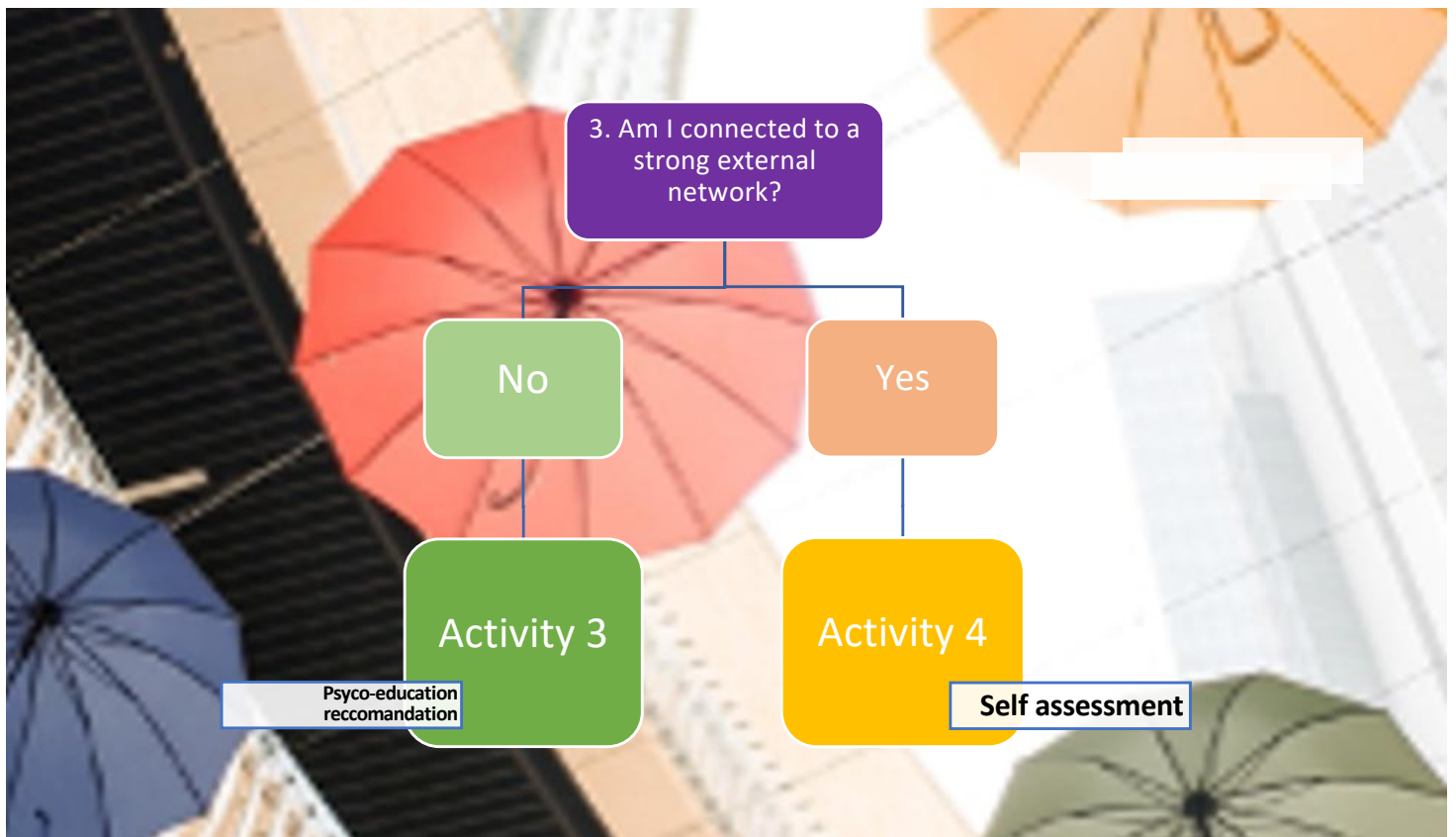
1 - Awareness about yourself



2 – Connect to your inner resilience



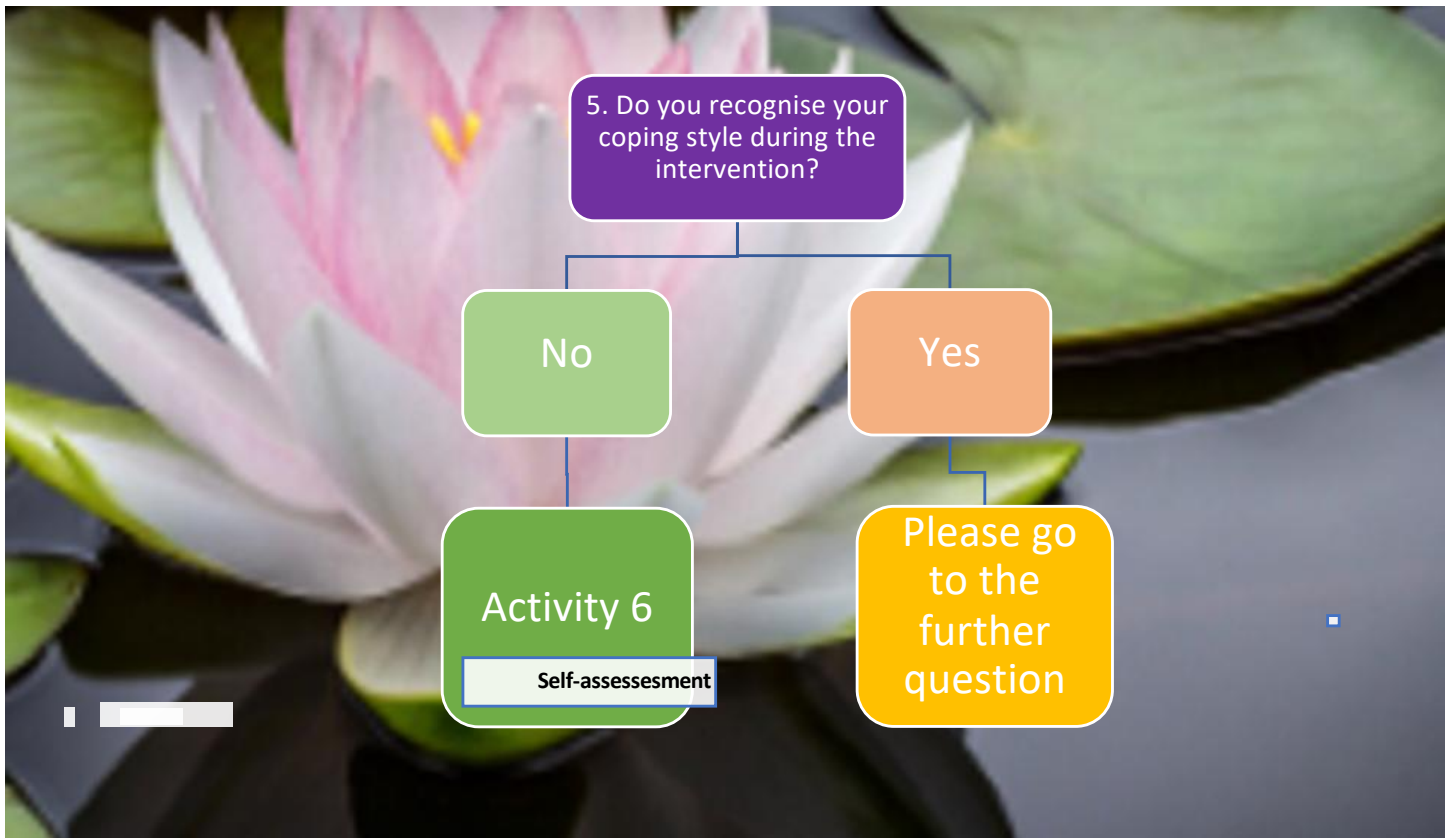
3 – Connect to your your external resilience



4. Areas of improvement



5. What was your coping style during the intervention?



Check the overall content of L.U. 10

Awareness about yourself: reconnecting to yourself,
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Thanks

You have finished

Keep going to
another Unit

if you need