

Mind Matters Overcoming Adversity and Building Resilience

Lesson 1: Self-Soothing

Introduction to Mind Matters/Marshmallow
Activity
Four Self-Soothing Skills

Lesson 2: Discover Emotions

Body Scan
Practice Identifying Emotions
Emotions: When They Work and When They Don't

Lesson 3: The Difference Between Emotion and Thought & The Internal Journal

Expressing Emotion or Thought
Emotion or Thought Chart
The Internal Journal

Lesson 4: Empathy

Building Empathy
Loving Kindness

Lesson 5: I Get By with a Little Help from My Friends & Wheel of Awareness

Mapping Your Support System
Wheel of Awareness

Lesson 6: Compassion for the Hijacked Brain

Introduction of Trauma and ACE Questionnaire
Further Information on Trauma
Effects of Trauma on the Brain and Behavior
ACE Response Checklist
Hope: Methods to Build Your Brain

Lesson 7: Trauma Containment and Rhythm

Trauma Containment
Integrate the senses Through Rhythm

Lesson 8: Tapping & Efficient Sleep

Learn Tapping
Efficient Sleep

Lesson 9: Let's Get Moving

Let's Get Moving
Join a Team or Club/Self-Defense
Practice Yoga
Exercise Program

Lesson 10: Life of Intention

Your Road Map for Life
SMARTER Goals
Tell Someone

Lesson 11: Code of Honor & Asking for Help

Code of Honor/The Honor Shield
Asking for Help

Lesson 12: The Ongoing Journey

Four New Skills
Personal Agreement Contract
Mind Matters Practice Record
Safe Place, Picture, and Anchor Object