Life is rich with ups and downs and we find happiness in how we manage both. When difficulties arise, we can learn to lean on our natural resilience - and science shows that there are lots of practical ways we can support ourselves through tough times.

**Introduction (5 mins): Start this month’s Get-Together by asking everyone to share their name and one action they have taken recently to bring some happiness to themselves or others.**

**TUNE IN to our experience with mindfulness and gratitude**

**Mindfulness Exercise (5 mins): Remember a time you responded well**

Take a moment to reflect on a time when you faced a difficulty or challenge and found a positive way to respond to it. Sometimes looking back like this can bring up difficult memories, so try to pick something fairly easy - and if this happens then feel free to choose something else if needed.

**Gratitude Exercise (10 mins): Share a positive change**

Turn to someone next to you and share about one thing in your life or your way of being that has changed positively. Perhaps a judgment you no longer hold or a way you are being kinder to yourself or others. This isn’t about boasting, it’s about reinforcing the good with appreciation.

**CONNECT with the views of others to help us deepen our understanding**

**Group Discussion (30 mins): What has helped you most to get through difficult times?**

As a group, open up discussion around the question above or some of the suggested questions overleaf. Remember, this is an opportunity to listen and learn from each other’s lived experiences, so try to allow each other space and share real feelings rather than getting caught up in thoughts and ideas.

**TAKE ACTION in practical ways to apply what we learn to our real lives**

**Action Setting (10 mins): Finding ways to bounce back.**

Take a moment to think of one small practical thing you can do to carry a bit of what you’ve explored today into your life. You might like to try one of the suggested actions on the next page. By going around the group and each sharing a bit about our action we make ourselves more likely to complete it and inspire each other also!
How does a hopeful attitude change the way you act in a situation?
What are the ways that challenges in life can lead to positive outcomes?
At what point in experiencing difficulties is it OK to ask for help?

1) Write down one gift each day that recent challenges have given you (e.g. the opportunity to practice patience or compassion).
2) Make a list of all the things you feel hopeful about, big and small. Keep adding to it through the day (are there worries that could also be hopes?)

- Jump Back July Calendar: simple daily actions you can take. www.actionforhappiness.org/jump-back-july
- Video: Enjoy Every Sandwich. Lee Lipsenthal uses being close to death to help patients struggling with disease to overcome their fears. https://www.youtube.com/watch?v=3UIFbOFWwYE
- Book: The Mindful Way Through Depression. Mark Williams applies mindfulness techniques to free ourselves from crippling emotions.

More than just coping, resilience skills help us transform our relationships to situations to let go, learn and grow.

Optimists are skilled in finding the benefits in the situations around them making them less stressed and more capable of meeting reality head-on.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."
~ Victor Frankl

Want to know more about how to host a Get-Together and why we invite people to Tune In, Connect and Take Action? Visit: www.actionforhappiness.org/get-together