Introduction (5 mins): Start this month’s Get-Together on RESILIENCE by asking everyone to share their name and one action they’ve taken recently to bring 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 others to help us deepen our understanding

Group Discussion (30 mins): Responding well in difficult times
Ask a volunteer to read out the text below and suggested questions for discussion in small groups. Remember, this is an opportunity to listen and learn from people’s real life experiences, so allow each other space and try to share real feelings rather than getting caught up in thoughts or ideas.

Being resilient doesn’t mean we won’t ever experience tough times or that we’ll feel good all the time. Challenges, difficulties and threats to our well-being are inevitable in life. While some of us may have more to deal with than others, no one’s life runs absolutely smoothly.

Resilience also isn’t about putting up with bad situations or never asking for help. Quite the opposite. It’s about recognising when times are hard and focusing on what we can do, control or change - acknowledging difficult feelings and knowing who, or where, to get support from.

Find out more in 10 Keys to Happier Living (Chapter 7): www.actionforhappiness.org/book

Questions for discussion:
- What has helped you most to get through difficult times?
- In what ways can challenges in life lead to positive outcomes?

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
**Action for Happiness Get-Together**

**JUMP BACK JULY**

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

**Action Setting (10 mins): Building our resilience**

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 below. By going around the group and each sharing our action we make ourselves more likely to complete it and inspire each other also!

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 things you feel hopeful about**, big and small. Keep adding to it through the coming days and weeks (are there worries that could also be hopes?)

**RESOURCES**

- **Jump Back July Calendar**: simple daily actions you can take
  [www.actionforhappiness.org/jump-back-july](http://www.actionforhappiness.org/jump-back-july)
- **Video: How to build resilience**. Dr Brian Marien shares life-changing tools and techniques to build resilience and boost psychological wellbeing.
  [www.youtube.com/watch?v=f8mEqkKHXg4](http://www.youtube.com/watch?v=f8mEqkKHXg4)
- **Book: Resilient by Rick Hanson**. Find your inner strength with these tools for transforming everyday experiences into lasting happiness.

**RESEARCH**

- 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](http://www.actionforhappiness.org/get-together)