

The ILS Online Mental Health and Resilience Course is delivered over four weeks in a virtual learning environment. It is designed to facilitate personal reflection, individual behaviour change, and peer support through a combination of self-study, weekly assignments, and online seminars. The course will provide a comprehensive learning experience with a significant focus on practical tools and actions.

Learners will:

- ✓ Consider the need for resilience especially in the development/humanitarian sector
- ✓ Explore the connection between resilience, risk and security
- ✓ Assess their own resilience traits
- ✓ Recognise the indicators of stress and identify sources of support
- ✓ Acquire the knowledge, behaviours and skills which can enhance resilience
- ✓ Identify practical steps to build resilience in themselves and in others
- ✓ Build a personalised action plan

Gain knowledge about:

- How resilience affects safety and security
- The pillars of resilience
- The physiological and neurobiological responses to stress
- How to manage and regulate emotions
- Growth mindset, thinking traps and challenging thought patterns
- Collective resilience and supporting others

Acquire skills in:

- Emotional agility and intelligence
- Mental toughness
- Effective communication

Throughout the course, participants will be asked to reflect on their own experience and present situation in applying the skills and knowledge addressed throughout the course.

Module	TITLE	Resources	Webinars	Discussion Forums	Exercises/ Assignments
Pre	<i>Pre-Course - Understanding Resilience</i>	90 min	-	1 hour	90 min
1	Stress and the Body	90 min	60 min	45 min	45 min
2	Dealing with Stress	90 min	60 min	45 min	45 min
3	Managing the Mind	90 min	60 min	45 min	45 min
4	Connection and Community	90 min	60 min	45 min	45 min
Post	<i>Post Course - Personal Resilience Plans</i>	90 min	-	1 hour	90 min
TOTALs		9 h	4 h	5h	6h
COURSE TOTAL: 24 hours (equivalent of a 3-day face-to-face training course)					