

Resilience Programme

This programme from SilverCloud[®] by Amwell[®] is designed for individuals who wish to enhance their wellbeing and ability to overcome challenges. It is also suitable for those at risk of mental health problems who wish to enhance their functioning, as well as patients of the mental health services who are looking to boost their resilience in conjunction with other clinical programmes.

Programme overview

Psychosocial resilience factors

The 2017 Cochrane review of evidence-based psychological interventions for resilience enhancement identified a number of psychosocial resilience factors including meaning or purpose in life, a sense of coherence, positive emotions, hardiness, self-esteem, active coping, self-efficacy, optimism, social support and cognitive flexibility.¹

Enhancing resilience

Resilience is not a fixed trait within a person, but something that individuals can learn and develop. Protective factors can be enhanced and developed through a variety of resilience strategies.²



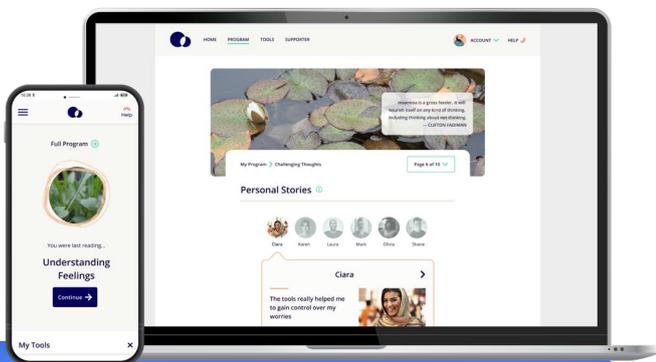
Mindfulness

Mindfulness practices have been demonstrated to be effective in increasing mental flexibility and helping people respond more adaptively to stressful situations.³ Within the programme a variety of mindfulness exercises promote the intentional and voluntary direction of attention toward present inner experience with acceptance.⁴

How it works

The **Resilience** programme has five core modules linked to key domains of resilience. The introductory module encourages users to identify their most pertinent domain, allowing corresponding modules to be tailored accordingly.

Each module includes information, interactive activities, homework suggestions, personal stories, and summaries.



The programme is available 24/7, allowing users to access the content at a time and place that suits them. It can be accessed using a phone, tablet or computer and can be tailored to suit the needs of the individual.

Summary of programme modules:

- **Building Resilience** Introduces the concept of resilience. The user sets goals for the programme and learns about mindfulness.
- **Purpose** Helps the user understand their values and passions, and encourages the user to incorporate these into daily life in a balanced way.
- **Self** Explores self-esteem and self-worth, helping the user to identify their own strengths and how to align these to the values and passions uncovered in the previous module.
- **Connections** Guides users to reflect on their networks and learn techniques for improving relationships and communication. Also provides tips for building strong communities.
- **Body** Focusing on the physical elements of resilience, the user explores how to create a healthy lifestyle to improve wellbeing. Users can also begin to track how their lifestyle choices impact their mood.
- **Mind** The user learns about the consequences of pessimistic and optimistic thinking and is introduced to balanced optimism and gratitude as alternatives.
- **Moving Forward** Prepares the user for coming to the end of the programme and focuses on staying well in the future, providing a guide to problem solving and an opportunity to set new goals.

References:

1. Helmreich, I., Kunzler, A., Chmitorz, A., König, J., Binder, H., Wessa, M., Lieb, K. (2017) Psychological interventions for resilience enhancement in adults. The Cochrane Library
2. Grant, L. & Kinman, G. (2014). Guide to Developing Emotional Resilience. IASW: Inform
3. Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *Journal of personality and social psychology*, 84(4), 822
4. Hayes, S. C., Follette, V. M., & Linehan, M. (2004). *Mindfulness and Acceptance: Expanding the Cognitive-behavioral Tradition*. Guilford Press.

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