

# Increasing Our Personal Resources

## Mental Health Workshop Syllabus

Instructor: Lindsay Walton

Instruction Time: 3 hours

Prerequisites: None

Delivery: In person with Instructor

Instructor Contact: [lindsay@opendoordevelopment.ca](mailto:lindsay@opendoordevelopment.ca)

### **Description**

In this workshop we'll explore how to recognize and respect the limits of our physical and emotional resources, identifying what most contributes to our sense of feeling unwell and worn down or feeling healthy and alive. We will also create personalized strategies for increasing the resources we have available for problem-solving and thriving.

### **Content**

- Review of *Maslow's Hierarchy of Needs*, using the theory to establish guiding principles for addressing priority resource needs in our lives
- Comparing *Problem-Focused* versus *Solution-Focused*, *Individual vs Communal*, and *Generalized* versus *Personalized* strategies for improving our circumstances, particularly when under severe duress
- Exploring neuroplasticity and pruning processes in the brain that culminate in ongoing development of resiliency
- Exploring how looking at our lives through the lens of requiring *Resources* rather than requiring *Money* opens up creative opportunities for addressing our needs and wants
- Sleep as a resource and our requirement for 'framed' sleep in order to experience successful rest and the benefits of a refreshed brain

### **Expected Outcomes**

- The confident ability to address your needs in a way that can free up focus and energy, moving you more quickly towards living a life you are happy with
- The ability to find personalized solutions when challenges are pushing you to or past your breaking point
- The ability to preserve energy and personal resources by relying on and working with your existing biological processes
- The ability to search out and build constructive community connections
- The ability to take greater control of your education and finances to craft a life you feel in charge of and that reflects your values and desired takeaways in life
- The ability to recognize and overcome toxic messages that undermine our wellbeing

## **Recommended Reading**

1. *Rich Dad Poor Dad: What the Rich Teach Their Kids About Money That the Poor and Middle Class Do Not!* (Robert T. Kiyosaki)
2. *When the Body Says No: The Cost of Hidden Stress* (Dr. Gabor Maté)
3. *What Happened To You: Conversations on Trauma, Resilience, and Healing* (Dr. Bruce D. Perry and Oprah Winfrey)
4. *Extraordinary Facilitation: Insights From Half a Century of Working and Playing With Groups* (Dr. Jim Cain)
5. *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition* (DSM-5, American Psychiatric Association)

## **Additional Resources**

- *How To Create and Record An Experiential High School or Post-Secondary Education* (Online Course from Living is Learning, <https://livingislearning.thinkific.com/courses/experiential-education>)
- Queen's University course syllabi (available through exploration of courses listed at <https://www.queensu.ca>)
- Course syllabi provided by various post-secondary institutions (ex. Perform an online search using the name of an institution or course topic and the word "syllabus")