

Peer Support Australia gratefully acknowledges funding provided under the Australian Government National Suicide Prevention Program and the NSW Department of Health.

# RETHINKING CHALLENGES

Resilience is a conceptual process that moves us beyond coping. It's a result of thinking optimistically, utilising strategies and viewing challenges as opportunity for growth.

*Rethinking Challenges* is an educational resource for Secondary schools. The module's eight peer led sessions have been designed to be implemented by students – for students – as part of The Peer Support Program.



*Rethinking Challenges* is an eight session peer led module that encourages students to view challenges as opportunities to push the limitations they put on themselves and be open to new possibilities. It allows students to identify their strengths, achievements and support networks.

These factors serve to protect students and assist them in developing a strong sense of self. Students are encouraged not to feel limited by what is identified at a single point in time. They can choose to feel empowered by this information to persevere, achieve and learn.

The module has a strong focus on the influence our thoughts have on the way we view certain experiences. Sometimes the thoughts, feelings and outcomes associated with a past experience can colour the way we continue to view them. Students can choose to adopt 'Open' or 'Limiting' thoughts.

### Open thoughts require students to reframe:

- Strengths and achievements as changeable not static
- Failure as opportunity for improvement not permanent or a mark of worth
- Success as a result of effort not ability

Although no one thinks in an open or limiting way 100% of the time, "...too many limiting thoughts will lead to feelings of hopelessness and helplessness in the face of mounting pressure." - Yemm, 2012

### Rethinking Challenges focuses on developing skills in:

- Perseverance
- Critical thinking
- Optimism
- Communication
- Empathy



### What is covered in the eight peer led sessions?

- Session 1: Introduction to Resilience
- Session 2: Challenges
- Session 3: Thoughts and Outcomes
- Session 4: Wellbeing
- Session 5: Strategies
- Session 6: Skills and Strategies
- Session 7: Relationships
- Session 8: Conclusion

### Rethinking Challenges helps students to:

- Respond resiliently to challenges
- Acknowledge their skills and achievements
- Identify support people
- Reflect on how they view achievement, success and failure
- Support each other in their transition to secondary school
- Take responsibility for their own wellbeing

Module Updated: 2014



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All prices are listed online. Schools will be invoiced for their purchase once an online order is received. All prices are inclusive of GST and postage.



### CONTACT US

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