



Resilience in challenging times

Session 4



Recap



Isolation



Social connection



Trust



Self-determination



Your strengths





Finding stillness

Finding discomfort



**Disconnection
from community
is a risk factor for
developing
loneliness.**

(Relationships Australia 2018)

**1 in 10 (around 1.8
million) Australians
aged 15 and over
report lacking
social support.**

(Relationships Australia 2018)



**Disconnection
from community
is a risk factor for
developing
loneliness.**

(Relationships Australia 2018)

**1 in 4 report (more
than 6 million
Australians) report
they are currently
experiencing episodes
of loneliness.**

(Australian Psychological
Society 2018)

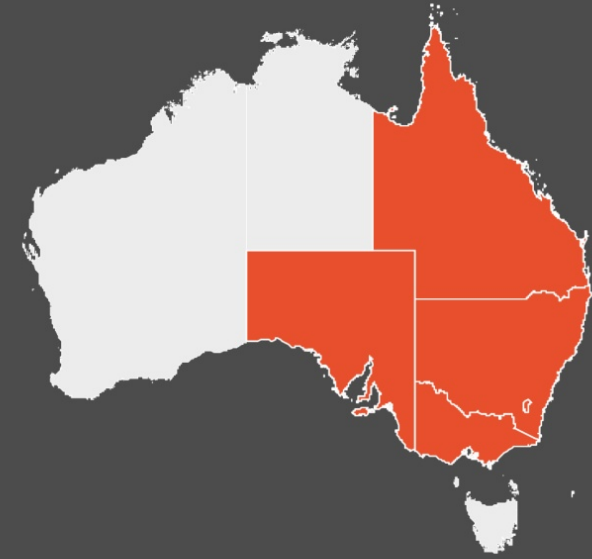


**Disconnection
from community
is a risk factor for
developing
loneliness.**

(Relationships Australia 2018)

**1 in 2 (51%) report
they feel lonely for
at least 1 day each
week.**

(Australian Psychological
Society 2018)



Building social connections

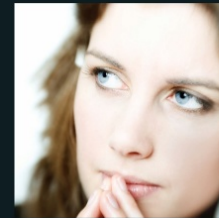
Kindness



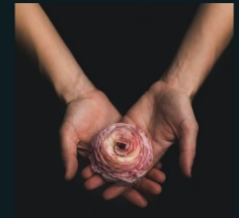
Compassion



Listening



Giving



Volunteering



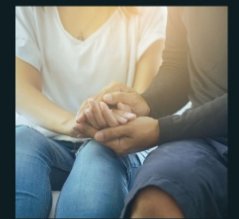
Awareness



Non-judgemental

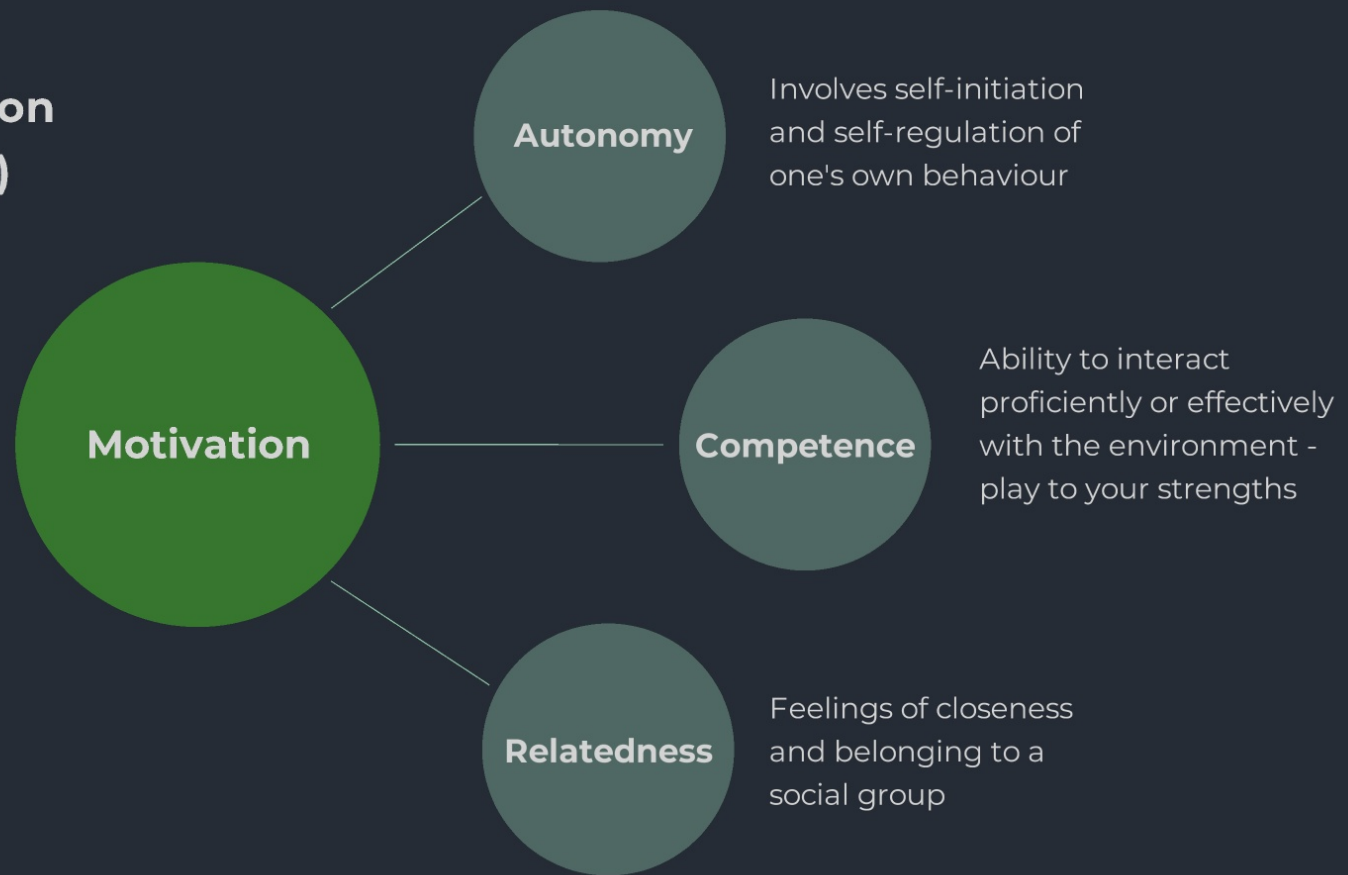


Empathy





Self Determination Theory (SDT)



When you discover your greatest strengths, you learn to use them to handle stress and life challenges, become happier, and develop relationships with those who matter most to you. What are your strengths?



Video



Learn yours

The VIA Survey is a scientifically-validated survey that is regarded as a central tool of positive psychology. It's been used in hundreds of research studies and taken by over 8 million people in over 190 countries.

viacharacter.org

VIA Classification of Character Strengths



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