

Lockdown 2.0 Edition

The Resilience Box®



Resilia is the industry leader of workplace wellbeing and psychological injury recovery and in response to the current COVID19 outbreak in NSW and the tightening of lockdown restrictions, Resilia has launched The Resilience Box Special Edition – Lockdown 2.0

We understand that many workers are directly impacted by the current lockdown and significant government restrictions. For example, some employers are unable to provide suitable duties to workers returning to work following psychological injury, some workers are being required to self-isolate for 14 days as result of being a close contact exposure and the shutdown of many nonessential industries are impacting job seekers. In addition to the current challenges for one's working life, many workers are being impacted at a personal level with home schooling, loss of or reduced family income, loneliness and disconnection and family stressors.

In order to avoid the current situation impacting negatively on progress to date, Resilia has developed a specialised psychological enhancement program, which is a modified version of our Resilience Box® program. This practical and solution focused coaching recovery program assists workers to enhance their personal wellbeing and capabilities during this time, as well as maintain momentum with their recovery, in spite of the lockdown.

Built on the foundations of evidence-based research in positive psychology, neuropsychology, cognitive and strengths based psychology, the program aims to achieve

meaningful and lasting self-directed behaviour change.

Program objectives include:

1. To equip people to build fundamental life skills that strengthen emotional resilience at this challenging time
2. To assist individuals to maintain momentum, better manage and handle emotional reactions to life challenges
3. To strengthen emotional wellbeing to mitigate the risk of adverse mental health symptoms during lockdown or tight government restrictions.

The following outlines each component of this customised program.



Initial Assessment

During the assessment, baseline scores will be obtained from validated inventories including the Depression, Anxiety and Stress Scale (DASS) and the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) to measure overall wellbeing. Furthermore, Resilia has developed a

specific behavioural questionnaire to allow participants to self-report social participation and psychological functioning behavioural competencies in various life areas. A summary of participant pre and post-intervention inventory scores and future recommendations will be reported on in the Closure Report.

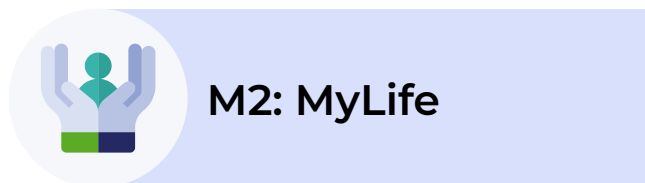


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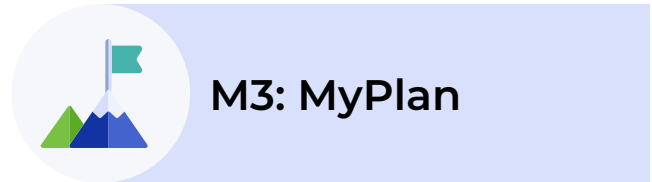
Specifically this module covers:

- Staying well in lockdown - a reminder of key wellbeing strategies
- The Delta variant - managing fear and anxiety
- Sharing your challenges - the neuroscience of debriefing in challenging times
- Top mindfulness strategies for lockdown



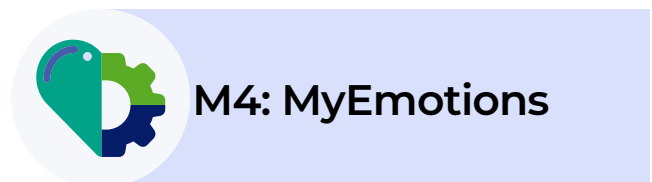
MyLife enrolls individuals on a journey of self-directed personal growth aimed at improving overall wellbeing, personal accountability and commitment. Specifically this module covers:

- How to incorporate a practical evidence-based model for wellbeing into their daily lives
- The concept of personal control and how to implement this to improve self-efficacy and shift from learned helplessness to a more proactive mindset
- Identifying core character strengths and how to utilise these to improve wellbeing



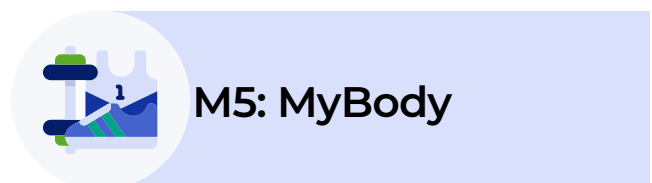
MyPlan provides a platform for meaningful and lasting positive behaviour change and introduces participants to the essential skills for taking action with personal goals. Specifically this module covers:

- Understanding the importance of goal setting for maintaining wellbeing
- Maintaining momentum - practical skills for adopting job seeking behaviours
- Overcoming obstacles and dealing with fear/anxiety
- Developing a personal action plan



This module looks at the link between our thoughts and emotions with specific strategies for regulating emotions. Specifically this module covers:

- The link between thoughts and feelings
- When emotions are helpful and unhelpful
- How to regulate emotions



MyBody focuses on looking after ourselves as an essential component to building emotional resilience. Introduction to a physical wellbeing module in which participants learn strategies and techniques through physical activity and exercise, positive nutrition, and rest and relaxation. Specifically this module covers:

- How to utilise physical exercises as a strategy for managing stress, anxiety and depression
- How to engage more healthy eating patterns and choices to improve both physical and psychological wellbeing
- The importance of sleep for overall wellbeing and how to develop positive sleep routines for more restful and rejuvenating sleep

Maintaining recovery momentum in lockdown



Closure Report

A brief report can be provided which includes a summary of the participants' engagement in the program, evaluation of the pre and post-intervention inventory scores and future recommendations.



Subscription

The Resilience Box® Digital Platform, is a major advancement in terms of online employee wellbeing. Key features include:

- Individual member access
- Over 500 fact sheets, podcasts, videos on a range of mental health and wellbeing topic areas
- Comprehensive digital resilience strengthening program comprising 15-minute online learning modules across the 6 core areas of building resilience
- Ability to use the App on a phone or computer.

The platform is continually updated and new features added weekly, most recently the COVID-19 Podcast and Fact Sheet series.

Investment value

The following outlines the investment value for the program provided in this proposal.

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| <ul style="list-style-type: none"> • Facilitation of Resilience Box® Screening Tool • 5 x 1.5 hour coaching sessions • Closure Summary Report • 6 Month Resilience Box Platform Subscription | | |
| Total cost | Per person | 8.5 hrs x SLA fee |
| | Subscription | \$500 |