

RITE

RESILIENCE IN THE EVERYDAY


CREST @ CARE CORNER COUNSELLING CENTRE

This project aims to build resilience in individuals and families through counseling, public education and the promotion of healthy habits that contribute to better mental health and overall functioning. The public education topics include:

1. More than words - Mental health, illness and support

Have a friend who's been walking around with jitters or a dark cloud over his head recently and not sure what's wrong? Struggle with what to say or how to be with someone who has suddenly lost all her joy and motivation and nothing you say or do seem to work?

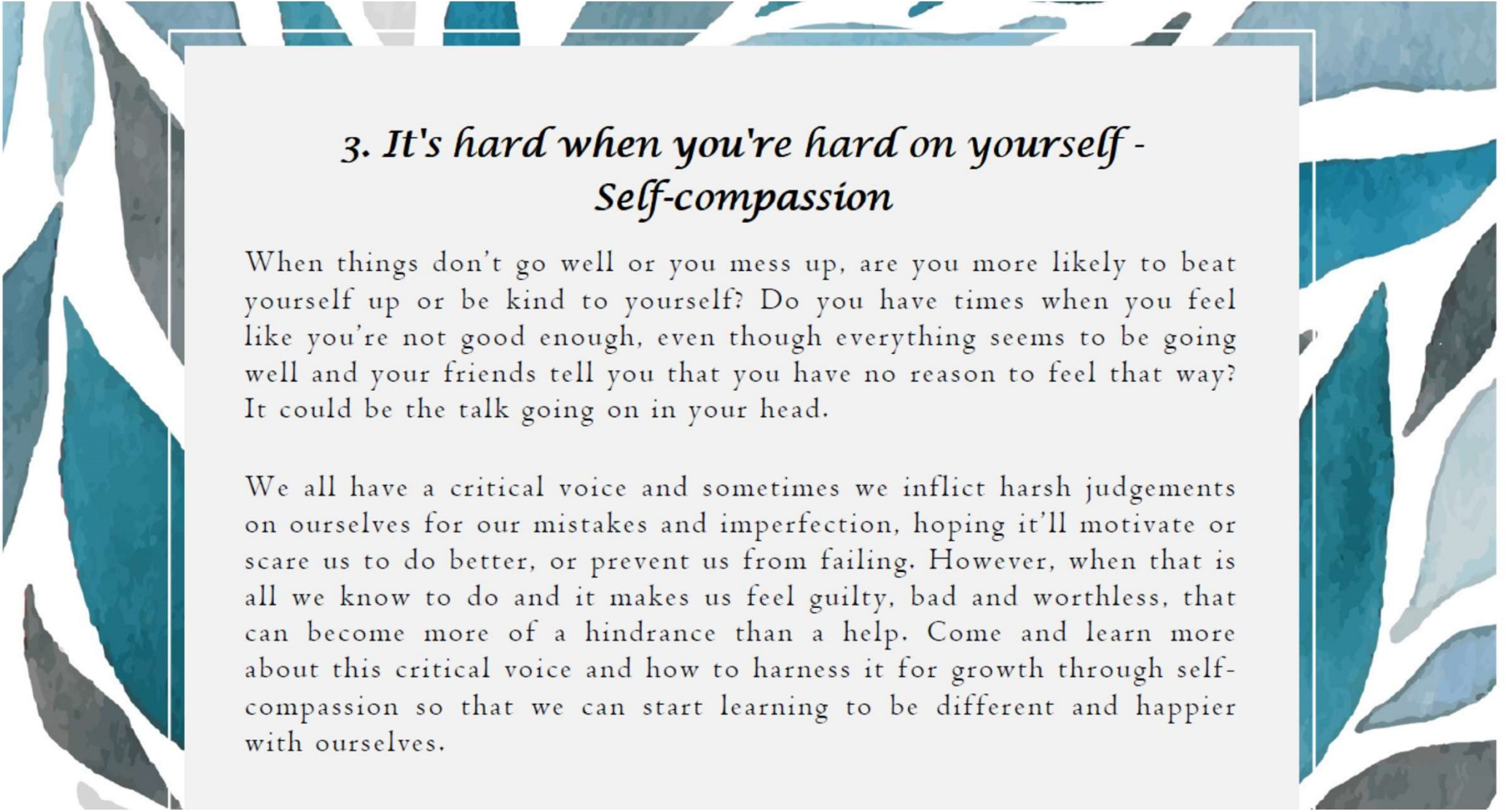
This topic covers information on common mental health issues and how to best support those who might be struggling with them.

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2. Rule over not overruled - Emotional regulation

Have you felt worried, down or angry, tried to distract or positive self-talk your way out of it, only to find yourself back in that pit yet again? Have you ever just lost it, calmed down and then either puzzled over what triggered it or felt guilty that you were not able to act in the manner you knew you should?

Emotions are part of the human experience and are an important source of information in discovering who we are and making better choices. Unfortunately, sometimes it just doesn't feel that way. Come and learn more about some of the emotions we often struggle with and learn different ways to manage and harness them for growth and more optimal functioning.



3. It's hard when you're hard on yourself - Self-compassion

When things don't go well or you mess up, are you more likely to beat yourself up or be kind to yourself? Do you have times when you feel like you're not good enough, even though everything seems to be going well and your friends tell you that you have no reason to feel that way? It could be the talk going on in your head.

We all have a critical voice and sometimes we inflict harsh judgements on ourselves for our mistakes and imperfection, hoping it'll motivate or scare us to do better, or prevent us from failing. However, when that is all we know to do and it makes us feel guilty, bad and worthless, that can become more of a hindrance than a help. Come and learn more about this critical voice and how to harness it for growth through self-compassion so that we can start learning to be different and happier with ourselves.

4. We all need guardian lines - Boundaries

Do I have a fairly clear idea of where I end and others begin? Can I say no? Do I often feel angry and resentful because I feel taken advantage of? Do I often end up over committing and then being unable to finish well? These are questions that reveal the presence or absence of boundaries in our lives.

Boundaries help to define who we are and teach us the extent and limits in our interaction with self and others. Loose boundaries could lead to emotional drain while rigid boundaries could lead to isolation and loneliness. Come and learn about boundaries with regards to self, family and work so as to better manage these for greater overall well-being.

*Target audience: Working adults, teenagers, general public. A minimum of 40 participants are required for each talk. Please contact Lena Wan @ 6353 1180 or e-mail: lenawan@carecorner.org.sg for details.