



Stress, Mental Health & Resilience

Course overview

Stress, Mental Health and Resilience is an online course in which participants will learn that stress is a natural process that can be controlled through awareness. Participants are introduced to defences, natural and learned, and that while they are intended to be adaptive and protect us against injury and harm, maladaptive defences can lead to illness and suffering. Participants discover the magic of neuroplasticity, and that all individuals have the ability, through consistency of practice, to establish new neural pathways in favour of making better choices when under stress. In this paradigm shift, mental illness is not a character flaw; managing our mental well-being takes skills, building resilience is that skill! Finally, participants will be introduced to a tool to locate and assess one's present relationship to stress, manage defences, and mitigate poor mental health outcomes.

Goal	To reframe mental illness through the lens of resilience and empower people with the insight and awareness they need to take steps to overcome stigma, take charge of mental health, and promote wellbeing.
Who should take this course?	This beginner level course is designed for anyone looking to enhance their career or skillset by learning how to build resilience. This online resilience training course would be useful for people who have suffered through stress and/or are working in, or aiming to work in, high-pressure environments.
Course objectives	<ul style="list-style-type: none">• Identify stress as a natural process that can be controlled through awareness.• Recognize defences play a role in causing illness and suffering in life.• View resilience as a skill that can be developed by anyone to fundamentally shift their relationship with stress.• Appreciate that the predictive brain is ultimately in control, but we have the ability, through consistency of practice, to establish new neural pathways in favour of making better predictions! Understanding that life is about movement and building resilience skills is the secret to finding balance in life.• Describe the role of self-awareness and the resilience spectrum play as a pivotal tool to help assess, locate, and move through life when one finds themselves stuck by stress.



Evaluation	<p>There are 6 modules in this course. At the end of each module there is a self-test. Participants must successfully complete the test to progress to the next module. There is a passing grade of 80%. You may repeat the test as many times as needed to achieve a passing grade.</p> <p>Note: Upon successful completion of the course, you will receive a downloadable certificate of completion.</p> <p>In addition: This course qualifies for 7.5 CPD credits of the CCPA. Upon completion of the course, you may download the CCPA certificate and submit it for registration.</p>
Course duration	<p>This course is self-paced. You can enter the course, leave as desired, and resume at any time where you left off. The time to complete the course will depend on your prior learning and experience. For certification purposes, it is estimated to take approximately 7.5 hours.</p>