

Course Title:

“Blueprint: Take on A Life of Your Own”

Instructors:

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Course Description:

“After 2020, many of us realized that we cannot take our mental health and wellbeing for granted. This series will guide you to **know yourself, accept yourself and be yourself** in all situations. We will train skills in the following areas: emotional awareness, self-regulation, self-talk, optimal mindset, habit formation, recovery (self-care). Additionally, you will develop your "blueprint motto" to represent your life principles, purpose and vision. This course is designed to be interactive and our goal is to create an emotionally and psychologically safe environment to support your individual growth. Take on a life of your own!”

Course Outline Fall 2021:

Week 1. Emotions

Week 1 covers: the 27 human emotions, defining our emotions (& why they are important), developing emotional awareness, learning to self-regulate, development of emotional management skills, resistance vs. acceptance, and the Yerkes-Dodson stress law.

Week 2. True vs. False Self

Week 2 covers: defining true self vs. false self, reviewing self-determination theory, discussing internal vs. external motivation, and our fear of rejection that keeps us from living out our true self.

Week 3. Self-Talk

Week 3 covers: the default mode network, impact of self-talk, ways to develop healthier self-talk, developing a growth mindset vs. fixed mindset, the "4 negative voices" (critic, victim, perfectionist, worrier), and developing "anchor thoughts".

Week 4. Habits Loops

Week 4 covers: the 3-step process of habit formation, habit loops, numbing behaviors vs. fulfilling behaviors, the negativity bias feedback loop, escape habits, and discovering your true self.

Week 5. Recovery

Week 5 covers: the 3 phases of stress (alarm, resistance, exhaustion), developing your “recovery toolkit” (i.e. nutrition, hydration, sleep, movement, socializing, breathing, and mindset), the body's stress response (autonomic nervous system: sympathetic branch vs. parasympathetic branch), the Locus of control and the 3 things we can control (i.e. attention, energy, actions).

Week 6. Self-Discovery

Week 6 covers: the following topics: intrinsic vs. extrinsic motivation, the value of challenge and boredom, self-determination theory, 3 psychological needs (i.e. autonomy, competency & connectedness).

Week 7. Blueprint Motto

In week 7, individuals develop their "blueprint motto" which represents their life principles, purpose and vision.

Week 8. Past, Present, Future

In week 8, we will review and reflect on the learning and growth that has occurred over the past 8 weeks. Participants will set short and long-term goals and set up systems of accountability to ensure that their thoughts, words and actions align with their values and “blueprint motto”.