

Who Is GROW Australia?

GROW Australia is a community based Mental Health Organisation with branches around Australia. Since 1957 the Grow Program has helped thousands of individuals to improve their mental wellbeing and personal development, through its peer support programs.

GROW Australia hosts a series of Grow Programs, aimed at empowering individuals to overcome obstacles and live full lives of meaning, optimism and hope. All of GROW Australia's peer to peer Programs are evidence based and informed by consumer experience.



GROW | mental wellbeing programs

Growing Resilience

A six-session course giving you the tools you need to grow your resilience and cope with adverse life events.



GROW | mental wellbeing programs

Find your nearest GROW office

To find the nearest GROW office, call 1800 558 268 to transfer to an office in your State or Territory.

Toll Free Information Line

1800 558 268

For More Information visit

www.grow.org.au

Everyone is welcome at GROW





What is the Growing Resilience Program?

Growing Resilience is a free online peer-to-peer program to help you improve your mental health and build resilience in times of high distress brought on by life events – in particular natural disasters such as floods, drought and cyclones, COVID-19 pandemic and the social, emotional and financial hardships associated with it.

Aim of Growing Resilience Program

The aim of the Growing Resilience Program is that you will learn specific coping tools that they can apply to any situation. The philosophy behind the program is that no situation is unmanageable, only thoughts, feelings, and actions can make our lives unmanageable. By learning how to regulate our thoughts, feelings, and actions, we learn to build resilience and cope with any situation.

Why Growing Resilience works?

Growing Resilience is open to anyone. It's a free online resilience course accessed via Zoom. Growing Resilience runs for six-sessions, over six weeks and each session will run no more than 60 minutes.

You'll be working with peers within the group and learn ways to deal with immediate mental ill-health effects of a crisis while building individual resilience and hope.

You'll be provided with a workbook which will help guide you through each session, and our program worker will be there to help support and keep the group on track.



Topics explored

1. **Live in the now and hope for the future** - Calming your emotions when you feel unsettled about the state of uncertainty in the world right now.
2. **Feeling Overwhelmed** - Calming your emotions when you feel as though there is too much going on and you don't know where to start.
3. **Exercise as mental health 'medicine'** - Understanding how our physical health can affect our mental health and forming a plan to look after both.
4. **Managing the loss and gaining perspective** - Understanding how the feelings we experience around loss are temporary and that we can rebuild and find happiness.
5. **Managing feelings during stressful times** - Identifying which feelings are not serving you well during stressful times and dealing with them.
6. **Managing healthy relationships** - Identifying and dealing with common triggers and patterns which affect our dealings with others.

