



Mental Health & Performance Charity.  
Feeling Alive Together.  
Registered Charity 1175721

### Building Emotional Resilience.

Many Minds work with individuals to engage with their creativity, improve confidence, self-esteem and build social skills and networks. We run weekly workshops in a variety of different settings.

### General tips from our workshop practice:

Make eye contact and smile as much as you can, but be honest about how you feel and never lie.

Find ways to hold the space- make it feel safe.

Always Check in: Name, pronoun, stretch, How your day's been, Anything you need e.g not to be touched.

Always Check Out: 1 thing you liked, 1 thing you disliked or found challenging, a reflection on yourself or another member of the group.

Encourage relationships and make connections with group members.

Encourage relying on the support of the group as a whole when in session.

Get everyone doing something really silly, feeling embarrassed and laughing as quickly as possible.

Sharing laughter is a powerful tool.

Listen to everyone.

Let everyone know that opting out is as brave as opting in.

Make the session too fun to opt out of.

Make a fool of yourself, be vulnerable (if you can be) it brings great connection to others.

Don't think just do!



**BUILDING EMOTIONAL RESILIENCE IN COMMUNITIES**





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### Exercise:

1. What is your superhero power that has helped you to survive?  
e.g taking 1 day at a time, finding humour, self-belief, letting go
2. Write a sentence about how it allows you to live or how you discovered it.
3. Choose a name & catchphrase.
4. Draw yourself as your superhero. Think about colour, accessories e.g a go go gadget hand and a logo.
5. Try walking around as your superhero, how do they walk, how to they move? How do they interact with the world around them?
6. Introduce yourself to others using your name & catchphrase.
7. Know that your superhero is with you wherever you go, you can always call on them to save the day.

If you would like to take part in our workshops please visit

<https://many-minds.org/workshops/>

You can also stay in contact with us by email or phone

[info@many-minds.org](mailto:info@many-minds.org) & by calling Olivia Ware on [07843210272](tel:07843210272)



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