

Finding Strength in the Lord: Emotional Resilience

(Self-Reliance Group)



Needs

All individuals and families face challenges and hardships during this life. Emotional distress is a common and normal response to life's challenges. How they manage life's challenges and disappointments can affect their relationships, spiritual resilience, ability to serve, and ability to provide for their basic needs.



Description

Finding Strength in the Lord: Emotional Resilience is designed to teach practical skills and develop spiritual resources for managing difficult life experiences. Participants increase emotional strength through the Savior and His Atonement. This is not group therapy or professional treatment for mental health issues. Those experiencing serious issues with depression, stress and anxiety, anger, addiction, or other mental health concerns should seek professional help.

This is a 10-week group that helps participants develop increased emotional strength and wellness through spiritual and practical skills such as the following:

- Building emotional strength
- Developing healthy thinking patterns
- Understanding the connection between our bodies and emotions
- Managing stress and anxiety
- Understanding sadness and depression
- Overcoming anger
- Managing addictive behaviors
- Building healthy relationships
- Providing strength to others



Who is this for?

This group helps those who want to build greater emotional strength or assist others in increasing their emotional resilience. The group is not limited to Church members. Anyone is welcome to attend. While it can work with groups of various sizes, 8–10 participants is ideal.

When used with youth groups, it is recommended that participants be at least 16 years old and that two adults be present.



How it works

This can be implemented as a self-reliance group (in person or virtual) that meets weekly for 10 weeks. A self-reliance group is led by facilitators and operates like a council with all participants discussing the course material and sharing thoughts and experiences. The influence of the Holy Ghost is invited to teach and testify of the truths being discussed as well as to provide personal revelation to the participants about building emotional resilience as individuals.

For best-practices for virtual meetings see ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups.

A printed version of the manual is available at store.ChurchofJesusChrist.org and a digital version is available on the Gospel Library mobile app.



Where to learn more

Visit ChurchofJesusChrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources.

Contact: