

# 4 PILLARS OF MENTAL RESILIENCE



## PROCESS

Using a combination of Workshop discussion, Practical team fitness session, breath work strategies, cold water immersion experience, & personal reflection, we explore the 4 Key Pillars of Mental Resilience. Our content addresses a variety of The stage 6 PDHPE syllabus.

## LOCATION

We offer workshops at your school location, or at our HQ in Bayview overlooking the beautiful Pittwater. We can also organise alternate locations if you are looking to add our program to school camps or excursions.

## WHO

The 4 Pillars workshop is suitable for all students in school years 7-12. We also cater this workshop for sports teams, specific student groups or clubs, parents and teachers. Please get in-touch for more information on how we can cater to your specific needs.

## WHAT WE SHARE

Our course aims to impact students' mental resilience, by equipping them with tools and strategies to help effectively navigate stressful or anxious periods.

Students will leave our workshop with an understanding of the importance of team work and peer support as Contributing

factors for creating a positive school and home environment.

The content shared in our workshop aims to meet, or contribute to the meeting of, a variety of PDHPE Stage 6 Syllabus outcomes. Please request our Syllabus info pack for more information.



[FITSTATEOFMIND.COM.AU](https://www.fitstateofmind.com.au)  
BYRA SAILING CLUB 1836 PITWATER RD, BAYVIEW



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## WHY WE SHARE

Almost half of all Australians aged 16 to 85 years will experience mental illness at some point in their life. The most common conditions are: anxiety, depression and substance use disorders, especially alcohol abuse. In addition to this one quarter of Australians aged 16 to 85 years will experience an anxiety condition during their lifetime.\* We are aiming to drastically improve these stats!

Our workshops are designed to empower, uplift and equip you, your business, your school, or team members with the tools to not only better manage personal mental resilience but also how to support and recognise when others are in need of help.

We have developed our workshops to encourage positive mental fitness and awareness, as well as to equip you with the tools to better navigate challenges or hard times when they do arise.

During our workshops we share the 4 key pillars of mental resilience; Lifestyle, Physical Health, Mental self care and Support network.

Through practical and theoretical components, workshop participants will be given relevant information and key take-home messages in building stronger support networks. They will participate in team building exercises as well as

gain awareness of their own mental health and build personal resilience. Participants will be equipped with quality resources to implement in their own lives to better improve mental fitness on a day to day basis and how to support others.

We have worked with specific student groups following devastating suicide loss within schools. We were able to equip students and parents on ways to support one another and also support themselves.

We cater our workshops to suit both small, intimate groups, larger team building sessions or school year groups.

Tailored to suit each individual organisation, attendees take part in a group fitness workout, breath-work, cold water immersion (optional), as well as breakaway group discussion. The combination of these elements empowers them to walk away feeling more resilient, more connected and more aligned within themselves, resulting in being better equipped to manage the stresses of day to day life.

\* Australian Government Department of Health, 15 December 2020  
<<https://www.health.gov.au/health-topics/mental-health>>

“GETTING TOGETHER AS A GROUP IN THAT ENVIRONMENT HELPED EVERYONE TO UNDERSTAND EACH OTHER BETTER. IT ALLOWED ME TO THINK OF MY CLASSMATES IN A NEW WAY. THE TOOLS I HAVE TAKEN AWAY HAVE ALREADY HELPED OVERCOME A FEW STRESSFUL SOCIAL SITUATIONS. MY PARENTS ALSO COMMENTED ON HOW MUCH MORE IN CONTROL I AM. THANK YOU FOR SHARING YOUR MESSAGE.”

QUEENWOOD SCHOOL FOR GIRLS  
STUDENT FEEDBACK 2022



# 4 PILLARS OF MENTAL RESILIENCE

OUR COURSE AIMS TO MEET, OR CONTRIBUTE TO THE MEETING OF, THE FOLLOWING PDHPE STAGE 6 SYLLABUS OUTCOMES:

Values and Attitudes Objective	Values and Attitudes Outcomes for Preliminary and HSC Courses
A student develops: <ul style="list-style-type: none"> <li>· values and attitudes that promote healthy active lifestyles and communities</li> </ul>	<ul style="list-style-type: none"> <li>· shows a willingness to question issues that impact on health and performance</li> <li>· values the technical and aesthetic qualities of and participation in physical activity</li> </ul>

## YEAR 11 (PRELIMINARY)

## WORKSHOP MODULE

P2 explains how a range of health behaviours affect an individual's health	Lifestyle Physical Mental Self Care Support Network
P3 describes how an individual's health is determined by a range of factors	Lifestyle Physical Mental Self Care Support Network
P4 evaluates aspects of health over which individuals can exert some control	Lifestyle Physical Mental Self Care Support Network
P6 proposes actions that can improve and maintain an individual's health	Lifestyle Physical Mental Self Care Support Network
PI0 plans for participation in physical activity to satisfy a range of individual needs	Physical Mental Self Care
<b>ICE BATH ONLY</b> PI4 demonstrates the technical and interpersonal skills necessary to participate safely in challenging outdoor recreation activities (Option 4)	Ice Baths
PI5 forms opinions about health-promoting actions based on a critical examination of relevant information	Lifestyle Physical Mental Self Care Support Network
PI6 uses a range of sources to draw conclusions about health and physical activity concepts	Lifestyle Physical Mental Self Care Support Network

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## YEAR 12 (HSC)

## WORKSHOP MODULE

H6 demonstrates a range of personal health skills that enables them to promote and maintain health (Option 1)	Lifestyle Physical Mental Self Care Support Network
H8 explains how a variety of training approaches and other interventions enhance performance and safety in physical activity	Lifestyle Physical Mental Self Care Support Network
H11 designs psychological strategies and nutritional plans in response to individual performance needs	Lifestyle Mental Self Care Support Network
H15 critically analyses key issues affecting the health of Australians and proposes ways of working towards better health for all	Lifestyle Physical Mental Self Care Support Network
H16 devises methods of gathering, interpreting and communicating information about health and physical activity concepts	Lifestyle Physical Mental Self Care Support Network
H17 selects appropriate options	Lifestyle