

# Revive Your Mindset Program

## Resiliency and Engagement for Work and Life

Our **Revive Your Mindset** Resiliency Program modules, carried out one-on-one with an Altius Group rehabilitation consultant, aim to break down psychological barriers held by long-term, job detached clients, clients whose recovery has extended beyond recovery timeframes or those who's existing jobs may be in jeopardy.

Our consultants are **experienced educators** from a range of professional backgrounds including occupational therapy, rehabilitation counselling, psychology and motivational coaching.

Results from our program trial, involving 193 participants, showed resilience training had a lasting impact on reframing thinking patterns to be more positive whilst improving overall mental state. Participants reported decreased measures of depression, anxiety and stress (DAS) from pre to

post intervention and resilience scores increased significantly during the course of the program. These improved DAS and resilience scores were maintained at the three month follow up point.

The program has been designed to benefit clients who:

- Have physical and/or psychology injuries (with or without a work capacity).
- Are disengaged in rehabilitation, treatment, returning to work or job seeking or have identified biopsychosocial risk factors.
- Express a pessimistic view regarding their potential recovery and return to work prospects.
- Experience social withdrawal.
- Are past 6 months post injury.

The training program targets individuals who demonstrate persisting negative thought patterns or who have become entrenched in problems related to their recovery or return to work. It aims to assist these individuals to:

- **Shift** their mindset
- Adopt **positive attitudes** and behaviours
- Improve their **determination and self-efficacy**
- Rebuild and understand resilience to **bounce back** from challenges
- The program aims to **move individuals from a pre-contemplative** state of change toward preparation

and action for achieving an optimal recovery, improved wellbeing and a successful return to meaningful work through the practical application of healthy thinking patterns.

## Revive Your Mindset: The Modules

The focus of the learning is to empower participants to commence or resume vocational goal setting and seek new employment through the delivery of five individual modules:

### Understanding Resilience and Developing Optimism

Our resilience module aims to strengthen a client's capacity to cope with stress and adversity, or their ability to "bounce back" to a previous state of normal functioning, or functioning better than expected. We look at resilience and stress and explore: the Fight or Flight Response; Circles of Control and Influence; The Four A's of Stress Management; Resilient Thinkers and Challenging Unhelpful Thoughts

### Constructing Your Personal Model of Resilience

Our facilitators guide clients through a series of interactive activities to help them identify their personal strengths, learn what it means to balance your personal strengths and apply them. Personal action plans encourage clients to make behavioural changes.

### Enhancing Your Key Relationships and Developing Your Social Connectedness

The quality of your relationships with other people and your social connectedness affects your emotional resilience, self-confidence and your optimism. Social connectedness not only creates

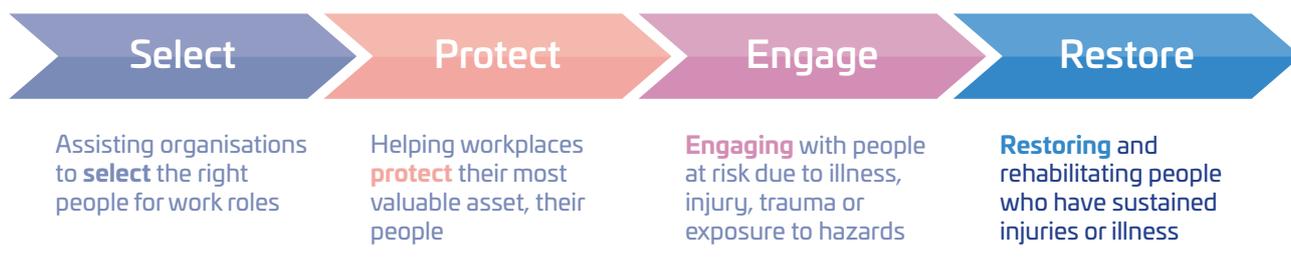
a sense of belonging, it facilitates access to work and life opportunities, services and resources. This module explores developing relationships and the key role of communication skills, including active listening and body language. We also cover topics related to assertiveness skills, social connectedness and relationship management.

### Practicing the Art of Gratitude, Mindfulness and Acceptance

Gratitude is the ability to notice, appreciate, and savour the elements of one's life and research now shows that gratitude is powerful. Gratitude promotes resilience and mental wellbeing, improves physical health, enhances empathy, reduces aggression and can improve resilience and self-esteem. We guide clients through cognitive processes to help them develop gratitude and explore all aspects of gratitude. We cover the practice of mindfulness and relate all learning to the workplace environment.

### Overcoming Obstacles Using Positive Psychology

In this module we explore the practice of reflection, unhelpful thinking styles and restructuring your thoughts. We cover how to break down pessimistic thoughts, challenge unhelpful negative thinking and restructure thoughts for more positive outcomes.



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Rehabilitation  
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