



BAY AREA
Community Health
Advisory Council

Re-sil-i-ence & Mental Well-ness Initiative

Better by the Day Video & Curriculum

Developing Resilience and Overcoming Adversities

June 2022

www.bachac.org/resilience-mental-health-wellness-initiative



TOGETHER
TOWARD HEALTH

This project was funded by a grant
from Together Towards Health

BETTER BY THE DAY

Developing Resilience and Overcoming Adversities



CURRICULUM

OBJECTIVE: The Better by the Day Video curriculum is designed to help youth (and adults) learn to cope with unexpected challenges and life's hardships, develop resilience, and overcome adversities. The curriculum is a resource to aid youth and adults in increasing their resilience and finding healthy ways to cope with stress, the impact of the COVID pandemic, and life crises.

LEARNING OUTCOMES:

1. The Better by the Day Video curriculum is designed to help youth learn to cope with unexpected challenges and life hardships.
2. Youth will identify new healthy coping methods to develop their resiliency skills and overcome life's adversities.
3. Youth will identify the support systems that can help them preserve and overcome unexpected challenges in their lives.

AUDIENCE: Youth (as young as 10 years old), Young Adults, Professionals

MATERIALS: Recommended tools for use of the materials and curriculum.

- Computer
- Internet access for videos
- White Board or Large sticky notes
- Better By the Day Reflection Handout
- 10 Ways to Build Resilience Handout
- Better by the Day Discussion Cards
- (OPTIONAL) Resilience and Mental Wellness Resources (stand alone)

VIDEOS:

Locate Videos Here: www.bachac.org/resilience-mental-health-wellness-initiative

- Yami's Story (3.42 minutes)
- Tuesday's Story (4.22 minutes)
- Taylor's Story (2.45 minutes)
- Ofa's Story (2.5 minutes)
- Nick's Story (3.04 minutes)
- Arayah's Story (4.41 minutes)
- Maya's Story (4.52 minutes)
- DJ's Story (3.31 minutes)
- Better By the Day (11:58 minutes) - a compilation of 8 Youth Stories of their experience with living and being in COVID pandemic. Listen to their stories of hope and resilience. The youth share how they coped and what was helpful to them. Be inspired by their stories. .



TOTAL DURATION: The videos can be viewed in its entirety or as clipped individual stories.

BETTER BY THE DAY VIDEO DISCUSSION PROCEDURES:

Step 1 **Group Discussion.** What challenges have impacted your mental health or ability to thrive? How do you define resilience?

Step 2 **Define Resilience**

According to Dictionary.com, resilience is the power or ability of a material to return to its original form, position, or the ability of a person to adjust to or recover readily from illness, adversity, significant life changes, etc.

Resilience is also the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. Simply stated, Resilience is bouncing back from adversities and thriving. [APA Dictionary of Psychology](#)

Research shows that resilient individuals bounce back when they have a support system, gain insight and wisdom from the challenges, develop and implement plans and goals, and have hope for brighter outcomes. (Positive Psychology Program, 2019)

Better by the Day definition of **Resilience /rəˈzilyəns/** means to bounce back from adversities *and* thrive. **The goal of Resilience is to become healthier and stronger than before!** (Everyday Health, December 2020)

Step 3 **Watch the Better By The Day Video (Total 11:58 minutes)**

Step 4 **Facilitate in large group or break down in small groups (2-5 people)** and use *The Better By the Day Discussion Cards*. Discuss how each youth in the Better By The Day video coped with adversities or unexpected life events such as the COVID pandemic. Review the different ways each youth in the video coped with the COVID pandemic and the uncertainty of when things would return to “normal”.
OPTION A: Small Groups can use the questions for the specific youth stories.
OPTION B: Small Groups who resonate with different stories.

Step 5 Review the *10 Ways to Build Resilience handout*. Give examples of how you can cope with life’s unexpected events or personal challenges.

Step 6 **In-class or individual activity.** Allow five to ten minutes for youth to complete *The Better By The Day handout*.

Step 7 **Group discussion** of youth responses to the *Better By The Day handout*. Allow time and opportunity for each student to share his/her responses.

ACTIVITIES: Review the Better By The Day Video and the *10 Ways to Build Resilience handout*, then complete the *Better By The Day handout*. Youth will engage in reflection time and group discussion.

EVALUATION: Youth will learn different ways to develop resilience through the implementation of healthy coping skills to help them overcome life adversities and improve their overall mental health and wellbeing.

BETTER BY THE DAY VIDEO DISCUSSION

DISCUSSION QUESTIONS FOR EACH BETTER BY THE DAY STORY AND VIDEO



YAMI'S STORY:

1. How do you deal with disappointment? How do you deal with things that appear to be too much?
2. What do you feel that you lost during the pandemic?
3. What books have you read that help you to distract yourself?
4. How do you deal with your mental health?



TUESDAY'S STORY:

1. What stigmas do you associate with mental health?
2. What stereotypes do you think of when you hear of teens dealing with mental health issues?
3. How do you practice self-awareness?
4. How do you practice self-compassion and self-acceptance?



TAYLOR'S STORY:

1. As a teen or young adult, you are expected to enjoy life, live carefree, and be happy. As Taylor mentioned, sometimes you can have a "Happy Face Facade" hiding your genuine emotions. What factors may cause youth to have a "Happy Face Facade"?
2. How do you express your emotions, positively or negatively?
3. Dance is a healing property for Taylor as well as her passion. How do you recognize "the bad times" and remain positive? What coping mechanisms can you use to deal with "the bad times."
4. How do you focus on your mental health?



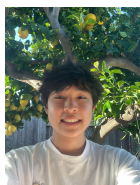
OFA'S STORY:

1. What have you learned about yourself during the pandemic?
2. What steps can you take to be positive and have a positive outlook on negative circumstances?
3. Who can you ask for help if you are feeling depressed and lonely?
4. What affirmations or mantras can you use to encourage and affirm yourself?



ARAYA'S STORY:

1. How did you grow during the past two years during the pandemic?
2. What motivates you when you feel like life is on pause or not going as planned?
3. What hobbies do you engage in that make you happy?
4. Self-reflection helps a person to be the best version of themselves. How can you be the best version of yourself?



NICK'S STORY:

1. How did you deal with the isolation while in quarantine?
2. What distractions did you use during isolation? How did you manage the stress of being away from your friends and not engaging in your usual activities?
3. Nick said, "focus on the things that you can control". What are things that are in your power that you can manage?
4. Name healthy activities you can do to avoid "bottling up your emotions."



MAYA'S STORY:

1. How do you balance the demands of being a teenager/young adult and other significant responsibilities such as caring for younger siblings, a sick parent or grandparent, working part-time, managing schoolwork, and sports activities?
2. Maya used journaling and taking walks out in nature as coping mechanisms to deal with the demands of her life. Taking walks in nature, journaling, and practicing deep breathing techniques are examples of mindfulness. How do you practice mindfulness?
3. Often, youth feel like they have to be strong and not ask for help when they feel overwhelmed. What does it mean to hear that it is okay not to be okay, or you don't have to be strong, or that asking for help is not a sign of weakness?
4. How do you prioritize your mental health?



DJ's STORY:

1. What losses did you experience during the pandemic?
2. Did you have issues adjusting to socializing with others upon returning to normal from quarantine?
3. What are you grateful for in your life?
4. What lessons have you learned from your experience during the pandemic?

BETTER BY THE DAY - COMPILATION OF 8 STORIES

1. What story did you relate to? What about that story resonated with you?
2. How did you grow during the past two years during the pandemic?
3. How do you prioritize your mental health?
4. What are you grateful for in your life?

Resources:

[Print website Resilience and Mental Wellness Initiative Resources](#)

Handouts:

[Better by the Day Group Discussion Cards](#)
[Better by the Day Reflection Handout](#)
[10 Ways to Develop Resilience](#)

Optional Handouts

[BACHAC's Finding A Therapist of Color](#)
[Choosing Mental Health Care that Fits Your Cultural](#)
[Faces of Resilience Postcard](#)
[Resilience Plan & Tool](#)

BETTER BY THE DAY VIDEO & CURRICULUM REFERENCES

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