

SESSION 8 — Emotional Resilience & Stress Management

 Duration: 12 Hours

Concepts Covered

- Understanding stress physiologically & emotionally
- Coping mechanisms
- Resilience-building habits
- Emotional burnout & recovery strategies

Hands-On Activities

- **Resilience toolkit creation**
- **Stress mapping & triggers**
- **Guided visualization**
- **Reflection journal:** “My emotional recovery plan”

Outcomes

- Build emotional resilience
- Strengthen mental endurance