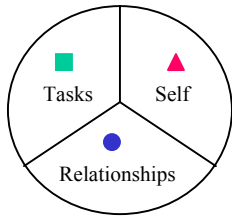


Survival Strategies



Tasks are about doing some thing or activity

Relationships are about connecting with someone

Self is about understanding one's own response to the calamity

Task 1: My definitions	Participants elicit their own definitions and understanding of “calamity” and “survival”
Task 2: Helpers	The group discusses recent experiences where something didn't go well yet they managed to recover the situation; they identify three key helping activities or things that contributed to their survival.
Task 3: Survival Cards – Case Study	The group discusses a case study and using the Survival Strategies cards discuss how the ideas on the cards might help in recovering from the situation discussed.
Task 4: Survival Cards – Hinders	Each member of the group chooses three strategies from the cards that they feel would not work for them, and discusses why.
Task 5: Survival Cards – Priorities	Each participant chooses 4-5 cards and prioritises them as to why they favour them as their coping strategies. And then discusses why.
Task 6: 20-20 Vision	Reflecting back on previous tasks, considering a past calamity, with what they know now, how might participants have handled the situation better?
Task 7: Relieving the pressure	Triads discuss four questions around the topic of stress, ending up developing “Top Tips” for relieving the pressure of day to day stress which they share with the group.
Task 8: Survival Cards – Actioning	Using the cards, participants focus on tasks, self and relationships, and work on developing action plans for the future
Task 9: Energiser: How would they do it?	Everyone shares a quick reaction based on how a famous person would handle a specific calamity.