Art4Wellbeing

Session 12

Stress Management: Resilience in Action

My Book of Resilience — From Images to Stories, From Stories to Action

Art Forms Used: Visual Arts / Collage Bookmaking | Theatre / Creative Storytelling

MAIN OBJECTIVE	Integrate stress awareness, coping resources and resilience into a practical wellbeing response.
TARGET GROUP	Young people (14–30); adaptable for diverse groups.
TOTAL DURATION	90 minutes
MATERIALS	Magazine images, words and symbols; A4 paper, scissors, glue, markers, binding supplies; exhibition tables.

TIME	ACTIVITY & TITLE	PURPOSE	INSTRUCTIONS (KEY STEPS)	FACILITATOR PROMPTS
15 min	12.1 The Images That Speak to Me Image Exploration	Collect visual material representing challenges, strengths, support and growth.	1. Introduce resilience as responding and adapting, not never struggling. 2. Invite a gallery walk among images and words. 3. Choose images for challenge, strength, support and growth. 4. Gather selections without gluing; optional pair sharing.	• Which image speaks to you? • What could represent support? • What might this image mean to you?
15 min	12.2 Finding My Resilience Story Visual Sequencing	Connect chosen images into a flexible resilience narrative.	1. Lay out images and try different arrangements. 2. Explore a beginning, challenge, turning point and support. 3. Move one image; notice how the story changes. 4. Choose a working title and key image; optional pair sharing.	• Where does your story begin? • Where might help appear? • What could the next chapter need?
30 min	12.3 My Book of Resilience Collage Bookmaking	Create a small visual book connecting challenges, strengths, resources and possibilities.	1. Fold/bind A4 sheets into a 4–6-page booklet. 2. Design a cover and title; arrange and glue selected images. 3. Add words, symbols, drawings and new clippings. 4. Offer optional chapter anchors; reserve a final page.	• What is your book called? • Where is strength shown? • Which page would you return to?
20 min	12.4 The Resilience Book Exhibition Gallery Walk / Author Talks	Witness diverse resilience stories and share artwork by choice.	1. Arrange books as an exhibition with optional title cards. 2. Walk through the gallery; respect display permissions. 3. Invite voluntary one-minute author introductions. 4. Offer appreciative, non-interpretive responses. 5. Return books to their authors.	• What story does your book tell? • What might readers take away? • What did you notice in the gallery?
10 min	12.5 The Next Chapter Reflection & Programme Closure	Turn learning into one achievable step and close Art4Wellbeing safely.	1. Open the reserved page: “My Next Chapter.” 2. Add one realistic action, support or coping resource. 3. Invite a word, gesture or silent programme checkout. 4. Ground in the present; participants keep their books.	• When I notice stress, I can… • Who or what can support me? • What will I take from Art4Wellbeing?

FACILITATOR TIPS	Keep stories fictional or personal by choice. Do not interpret artwork. Ask before touching books; allow silent participation and passing.
KEY MESSAGES	Resilience includes rest, support and adaptation; every story is different. A book can remain unfinished, and empathy is not evaluation.
FOLLOW-UP (OPTIONAL)	Invite participants to revisit “My Next Chapter” after one week and add an image or note about a small step they tried.