



# BUILDING PSYCHOLOGICAL IMMUNITY

## Know your own strength! Strategies for unlocking the Brain Immune System.

First coined as a term by Oláh in 2000. Psychological immunity is defined as 'a system of adaptive resources and positive personality characteristics that acts as psychological antibodies at the time of stress.' It includes various positive characteristics such as positive thinking, sense of coherence, sense of control, emotional regulation, goal orientation, positive self-efficacy, and problem-solving skills.

During this session you will explore what psychological immunity means for you and your students, and practical and active strategies and resources to build psychological immunity, including:

- Understanding your brain
- Resilience
- Emotional management
- Learning about reframing
- Mindfulness
- Yoga
- Positive body mindset and critical thinking



**13 January 2022**  
**4pm - 6pm**

The Crypt School,  
Podsmead Rd,  
Gloucester,  
GL2 5AE

Suitable for  
practitioners in Primary  
and Secondary settings

**£45pp or £35pp with  
special discount\***

(\*if booking more than one  
place/ a place on any other  
session within Improving  
Social & Emotional Learning  
and Health Programme)



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