

STUDY GUIDE

Psychological Resilience: bounce back from adversity and learn how to improve your well-being

Course/training name	Psychological Resilience: bounce back from adversity and learn how to improve your well-being
Host Institution(s)	Linnaeus University
Co-organising Institution(s) (if applicable)	Nantes Université
Course level (if applicable)	/
Name and faculty of the lecturer(s)/trainer(s)	Dr Amanda Heath, Department of Psychology, amanda.heath@lnu.se
Mode of delivery	Online self-study
Location (if applicable)	/
Dates of the <u>online</u> component (if applicable)	From 09 March 2026 to 04 May 2026



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Cost	None				
Target audience(s)	☒ Bachelor's ☒ Master's ☒ PhD ☒ Educators ☒ Researchers ☒ Administrative staff				
Prerequisites	English B2				
Main Thematic Arena(s)	☒ Arena 1 - Health and Well-Being ☐ Arena 2 - Social Equality and Well-Being ☐ Arena 3 - Environmental change and Well-Being ☐ Arena 4 - Multilingualism and Well-Being ☐ Arena 5 - Teacher Education and Well-Being ☐ Transversal				
Field(s) of research / study	Positive psychology, stress and well-being theory and research				
Related Sustainable Development Goals (SDG)	☐ 1 - No poverty ☐ 10 - Reduced inequalities ☐ 2 - Zero hunger ☐ 11 - Sustainable cities and communities ☒ 3 - Good health & well-being ☐ 12 - Responsible consumption & production ☒ 4 - Quality education ☐ 13 - Climate action ☐ 5 - Gender equality ☐ 14 - Life below water ☐ 6 - Clean water & sanitation ☐ 15 - Life on land ☐ 7 - Affordable & clean energy ☐ 16 - Peace, justice & strong institutions ☐ 8 - Decent work & economic growth ☐ 17 - Partnerships for the goals ☐ 9 - Industry, innovation & infrastructure				
Number of ECTS and/or workload (in hours)	16 Hours (no ECTS)				
Language(s) of instruction	English				
Key words	Resilience	Well-being	Self-improvement	Psychology	
Catch Phrase	Learn about the science of well-being and practice resilience mental health strategies.				
Total number of places for EUniWell participants	Unlimited				

Application procedure	No application process
Selection criteria	<i>None</i>
Abstract	<i>This three-module interactive course introduces key concepts and scientific research in the area of positive psychology and health and well-being, employing exercises to practice the concepts with an aim to improve personal resilience and well-being- The focus is on strategies to help your everyday resilience and to sustain good mental health. Topics covered include self-esteem, emotions, thinking styles, self-talk, social relations, and strategies for personal change. In the course you will learn about the science of well-being and psychologically-informed approaches to improving your own well-being and recovering from negative life events. The examples in the course are aimed at students but the principles can apply to all.</i>
Programme / session(s)' schedule	3 modules with unlimited access
Developed skills and competences	1. Knowledge and Understanding • Explain fundamental concepts of positive psychology (ESCO: apply psychology knowledge). • Describe the scientific basis of well-being and resilience (ESCO: knowledge of psychological theories). • Identify key factors influencing mental health, including self-esteem, emotions, thinking styles, and social relationships (ESCO: mental health promotion). 2. Cognitive and Analytical Skills • Analyse personal thinking patterns and emotional responses using psychologically informed frameworks (ESCO: critical thinking, self-reflection). • Evaluate the impact of self-talk and cognitive biases on well-being (ESCO: analytical thinking, cognitive behaviour strategies). 3. Personal and Emotional Competences • Demonstrate improved emotional self-regulation strategies (ESCO: emotional intelligence, manage emotions). • Apply resilience-building techniques in daily life (ESCO: resilience, stress

	management). • Implement strategies for personal change based on scientific principles (ESCO: personal development, behavioural change techniques). 4. Interpersonal and Social Skills • Demonstrate awareness of the role of social interactions in well-being (ESCO: interpersonal communication, building relationships). • Use positive communication skills to enhance supportive relationships (ESCO: empathy, active listening). 5. Practical Application • Apply well-being exercises and interventions learned during the course to real-life contexts (ESCO: apply learning strategies, self-management). • Develop a personal action plan to cultivate long-term well-being and recover from setbacks (ESCO: goal setting, self-development). -
Objectives and learning outcomes	The course aims to: 1. Introduce key theoretical concepts and scientific findings in positive psychology and well-being. 2. Develop learners' ability to apply evidence-based strategies to strengthen resilience and maintain good mental health. 3. Improve understanding of how emotions, thinking patterns, and social interactions influence personal well-being. 4. Support learners in identifying and modifying unhelpful thought patterns and self-talk. 5. Foster self-awareness and self-regulation skills to enhance personal growth and successful coping with challenging life events.
Assessment methods and criteria (if applicable)	None
Type of certification issued upon attendance or completion	EUniWell Certificate of attendance
Contact	List of local EUniWell catalogue's coordinators available here. For questions related to the content of the course, please contact the offer's Institution's local catalogue coordinator. For questions related to administration, mobility or recognition the course in your curricula, please contact home Institution's local coordinator.