



# MIND RESILIENCE PROGRAM FOR ADULTS (MRP)

## UNLOCKING CLARITY, FOCUS, AND EMOTIONAL BALANCE

Welcome to our Mind Resilience Program for Adults (MRP), designed to foster emotional, psychological, and social well-being. In today's fast-paced world, mental health is more important than ever. Our program is tailored for individuals looking to enhance their mental resilience, reduce stress, and improve their overall quality of life.

IN COMPLIANCE WITH

PARTNERS



## OUR SERVICES

- ◆ Learn effective stress management techniques
- ◆ Enhance emotional regulation and self-awareness
- ◆ Develop stronger interpersonal relationships
- ◆ Cultivate mindfulness and relaxation practices
- ◆ Build resilience to overcome life's challenges

## FOR WHOM IS THIS PROGRAM DESIGNED?

This Program is perfect for adults of all ages who are facing stress, anxiety, emotional burnout, or simply want to invest in their mental well-being. Whether you're a professional balancing work and life, a parent juggling multiple responsibilities, or someone looking for self-improvement, this program is for you.

## PROGRAM STRUCTURE

The Mind Resilience Program for Adults is structured as a series of interactive sessions led by certified mental health professionals. These sessions include a mix of group discussions, personal reflections, practical exercises & mindfulness activities.

- ◆ **Stress Management Workshops:** Learn techniques to manage stress effectively in everyday life.
- ◆ **Mindfulness & Meditation:** Cultivate a calm and focused mind through guided meditation and mindfulness practices.
- ◆ **Emotional Intelligence Development:** Manage emotions to enhance mental clarity and decision-making skills.
- ◆ **Peer Support Groups:** Engage with others in a supportive environment to share experiences and grow together.



## PROGRAM BENEFITS

- ◆ Reduced anxiety and stress levels
- ◆ Improved focus, productivity, and emotional balance
- ◆ Enhanced self-awareness and personal growth
- ◆ Stronger mental resilience and adaptability
- ◆ Improved sleep and physical well-being

Package	Care	Care+	Care++
<b>Cost</b>	₹4,000	₹7,000	₹10,000
Program Duration	1 Month	1 Month	1 Month
Assessment	- Basic Mental Health Assessment - Mental State Examination - Detail Assessment	- Basic Mental Health Assessment - Mental State Examination - Detail Assessment	- Basic Mental Health Assessment - Mental State Examination - Detail Assessment
Sessions per Month	2 Sessions	4 Sessions	4 Sessions
Focus Areas	- Stress Management - Mindfulness Practices - General Wellness Tips	- Emotional Regulation - Cognitive Behavioural Therapy (CBT) - Peer Support Groups	- Intensive Therapy Sessions - Crisis Intervention - Personalized Care Plans
Type of Support	Group Workshops & Basic Mindfulness Sessions	Group Therapy, Guided Meditation, and One-on-One Counselling	Intensive Individual Counselling, Psychiatric Evaluation, and Ongoing Support
Additional Resources	Access to mental wellness materials (e.g., self-help guides, mindfulness apps)	Personal growth assignments, journaling activities, and curated self-care resources.	24/7 crisis hotline, emergency consultation, and access to specialized therapists.
WhatsApp Support	Unlimited	Unlimited	Unlimited
24/7 Helpline	✔	✔	✔

- ★ **Initial Assessment fee is 2000/-**
- ★ **Initial Assessment fee will be waived if paid in full**

## WHY CHOOSE US?

- ◆ **Experienced Mental Health Professionals:** Our program is led by certified therapists, psychologists, and counsellors with years of experience in mental health care.
- ◆ **Tailored Wellness Plans:** We create personalized care plans based on individual needs, ensuring each participant receives the most appropriate support.
- ◆ **Holistic Approach:** We integrate a range of techniques including mindfulness, cognitive-behavioural therapy (CBT), meditation, and emotional intelligence building to promote overall mental well-being.
- ◆ **Flexible Program Options:** Whether you're looking for mild, moderate, or intensive care, our flexible packages cater to every stage of mental wellness, offering sessions that fit into your schedule.
- ◆ **Proven Success:** Hundreds of participants have seen significant improvements in their mental health, reduced stress, and better overall life satisfaction through our program.
- ◆ **Ongoing Resources:** Even after the program, participants have access to a library of mental wellness resources, including self-help guides, apps, and follow-up consultations.

## TECHNIQUES GENERALLY USED BY PSYCHOLOGIST

- ◆ **Cognitive Behavioural Therapy (CBT):** A widely used technique to identify and challenge negative thinking patterns, helping participants develop healthier thought processes
- ◆ **Mindfulness-Based Stress Reduction (MBSR):** A therapeutic approach that combines mindfulness practices such as meditation and yoga to reduce stress and increase awareness.
- ◆ **Dialectical Behaviour Therapy (DBT):** Focuses on building emotional regulation, mindfulness, and interpersonal effectiveness, particularly useful for individuals experiencing severe emotional distress.
- ◆ **Acceptance and Commitment Therapy (ACT):** Encourages individuals to accept their thoughts and feelings rather than fighting them, helping them commit to actions that align with their values.
- ◆ **Solution-Focused Brief Therapy (SFBT):** Concentrates on finding solutions in the present and future rather than focusing on past problems, promoting immediate relief and problem-solving.
- ◆ **Eye Movement Desensitization and Reprocessing (EMDR):** Particularly useful for trauma, this technique helps reprocess painful memories and reduce their emotional impact.
- ◆ **Psychodynamic Therapy:** Focuses on understanding unconscious patterns and their effects on current behavior, helping individuals gain deep emotional insights.

### Contact Us



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