

# Using the Science of Resilience to *Bounce Back Better*® in Recovery

The Bounce Back Better® System is a resilience skills training program that focuses on teaching participants the key skills and researched theories they need to be more effective and adaptable in the world. When participants learn and apply these skills, they gain a sense of personal mastery over their lives and they are better able to handle whatever life throws their way. As they learn skills for caring for their mental, emotional and physical health, resilience training can serve as a protective factor in transition and relapse prevention.

	Mental Resilience	Emotional Resilience	Physical Resilience
<b>Level 1</b>	<i>Growth Mindset – From Judgement to Curiosity</i>	<i>Leveraging Positivity &amp; Befriending Negativity</i>	<i>Physical Activity – Balance Strength &amp; Flexibility</i>
<b>Level 2</b>	<i>The ABCDEFG of Personal Mastery™</i>	<i>Emotional Intelligence</i>	<i>Breathing for Regulating Thoughts &amp; Feelings</i>
<b>Level 3</b>	<i>Working with Worry &amp; Doubting your Doubts</i>	<i>Energy Management - Becoming a Chief Energy Officer</i>	<i>Nutrition - Feeding Resilience</i>
<b>Level 4</b>	<i>Mind Over Chatter™ - Reframes for Mastering Thoughts</i>	<i>Emotional Alchemy - A Practical Tool for Mastering Feelings</i>	<i>Mind-Body Fitness – Movement for Mastering your Life</i>



The B3 System consists of the 12 basic building blocks for Bouncing Back Better each of which falls into the category of either mental, emotional or physical skills. The skills progressively build on top of one another through four levels of competence.

*Research shows that resilience is a teachable mindset and skillset that few people are taught, but everyone needs, especially when dealing with times of change, challenge and transition.*

**FREE  
INTRO  
CLASS**

**the clear mind project**

*bringing the science of well-being & resilience to recovery*

[www.clearmindproject.com](http://www.clearmindproject.com)

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