

# GRIT-SERVE Resilience Training Outline:

## Emergency Responders and Military

### Module 1:

- GRIT Resilience Training Model and Concept
- Role and Expectations of GRIT
- Core Principles of Psychological First Aid
- Introduction to GRIT Steps

### Module 2:

- Self-Efficacy
  - Trauma Related Self-Efficacy
  - Collective Self-Efficacy
- Resilience
- Stressors and Stress Reactions
- **GRIT Step 1:** Making Contact

### Module 3:

- **GRIT Step 2:** Ask Questions about Feelings, Distress, and Wellbeing
- **GRIT Step 3:** Identifying Coping Strengths and Resilience

### Module 4:

- Cultural Awareness
- Online Support Platforms
- **GRIT Step 4:** Adding to Strengths

### Module 5:

- Resources
- Referring to Mental Health
- **GRIT Step 5:** Reviewing, Summarizing, Discussing Action Steps, Giving Resources
- Self-Care

### Appendices