



PROGRAMA DE ATENÇÃO E RESILIÊNCIA ACADÊMICA

## **BIBLIOGRAFIA**

2018.1

# SEMANA 1: INTRODUÇÃO A ATENÇÃO E RESILIÊNCIA EMOCIONAL

## **Bem-vinda(o) ao curso!**

### **O que é atenção e resiliência emocional?**

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# SEMANA 2: HÁBITOS, ROTINAS E OBJETIVOS

## **A ciência da construção de hábitos.**

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## **Como criar uma rotina de estudos**

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## SEMANA 4: ALIMENTAÇÃO CONSCIENTE

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## SEMANA 5: MOVIMENTOS CONSCIENTES

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# SEMANA 6: AVALIAÇÃO DO MEIO DO CURSO

# SEMANA 7: VULNERABILIDADE E EMPATIA

## **O que é empatia?**

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### **Exercício #7: O exercício das 36 Perguntas.**

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## **SEMANA 8: RELACIONAMENTOS**

### **Qual a diferença entre empatia, amor e bondade?**

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**Autoestima e autocompaixão.**

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## **SEMANA 11: DESENVOLVENDO COMPAIXÃO PARA O PRÓXIMO**

**Qual a diferença entre bondade, empatia, compaixão e misericórdia?**

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# SEMANA 12: COOPERAÇÃO E RECONCILIAÇÃO

## **O que é perdao?**

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### Vídeo

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## **SEMANA 13: COMUNICAÇÃO NÃO-VIOLENTA**

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### **Exercício #18: Escuta Empática.**

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## **SEMANA 14: REFLEXÕES FINAIS, WRAP-UP E COMO SEGUIR AGORA?**

*Gil S. Sant'Anna Jr.*

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