



Self-care Training Mental Health Self Management

Self-Care & Wellbeing is about taking care yourself. It's about learning to recognize stress and crisis when possible and equipping yourself to practice self-care even during difficult times. This one-day training course provides tools and resources that will help you improve your coping skills and increase your resilience in times of stress. Through an online component, learners will be able to create a self-care plan.

This training workshop teaches self-care principles through case-based learning and group discussion.

Course Overview

You will spend the first part of the session getting to know participants and discussing what will take place during the workshop.

This workshop will help you teach participants to:

- Recognise and manage the common challenges faced by professionals, including stress, burnout, and interpersonal difficulties.
- Achieve more balance in your daily life by paying attention to all the areas of your life.
- Learn self-care techniques to reduce stress and improve your well-being.
- Practice mindfulness and self-compassion.
- Be mindful of the evolving principles of compassionate and mindful self-care.
- Identify the different forms of self-care can be used to address the different stages of trauma experiences.
- Identify signs that indicate the need for self-care.
- Get a better understanding about the self-management support approach.

Create Self-Care List

First, participants will learn how to make a self-care plan and when to take time for self-care. Learn the importance of creating a self-care checklist by activity type and location.

Dealing with the Aftermath

In this session, we will develop participants' mindfulness and breathing space skills, and look at embracing personal imperfections.

Mental health in the workplace

Here, we will help participants recognize mental health issues ensuring everyone has the knowledge and help they need.

Self-care Tips in the workplace

This session we will give some tips for self-care in workplace to help participants so they can help their company.

Tools and methods for prioritising mindfulness and mental health and self-care

In this session we will practice mindfulness and self-care techniques when prioritising mental health.

Self-management skills in the workplace

Here, participants will learn the tips to practice self-management in the workplace and maintain a productive and efficient schedule.

Workshop Wrap-Up

At the end of the day, students will have an opportunity to ask questions and fill out an action plan.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725