



Self-care Training Mental Health Self-Management

The Self Care and Wellbeing Training is, about learning how to take care of yourself. It teaches you how to recognize signs of stress and crisis equips you with tools for self-care and helps you maintain those practices even when times are tough. This one-day training program provides resources to improve your coping skills and resilience in the face of stress. Additionally, participants will have access to a component where they can create a plan for self-care.

During this training workshop we use real life scenarios and group discussions to teach the principles of self-care.

Course Overview;

We'll start by getting to know each other and discussing the agenda for the workshop.

Throughout this workshop you will learn how to;

- Recognize and manage challenges faced by professionals, such, as stress, burnout and interpersonal difficulties.
- Achieve a balanced daily life by addressing various aspects of your life.
- Apply self-care techniques that reduce stress and improve wellbeing.
- Practice mindfulness. Show kindness towards yourself.
- Stay updated on the principles of mindful self-care.
- Different strategies, for taking care of oneself can be employed to address stages of experiences.
- It is important to be able to recognize signs that indicate the need for self-care.
- Gaining an understanding of the approach to self-management support is crucial.

Create Self-Care List

Participants will learn about the importance of categorizing self-care practices by activity type and location.

Dealing with the Aftermath

During this session participants will focus on developing skills in mindfulness and creating breathing space. They will also explore the significance of accepting imperfections.

Mental health in the workplace

The session aims to help participants identify health issues ensuring that everyone has access to necessary support and knowledge.

Self-care Tips in the workplace

Practical tips for self-care in the workplace will be provided during this session equipping participants with strategies to promote their well-being and contribute positively within their organizations.

Strategies and Approaches for Prioritizing Mindfulness, Mental Health, and Self-Care

Participants will have an opportunity to practice mindfulness techniques while learning how to prioritize their health

The importance of self-management skills

By the end of this session participants will learn valuable techniques to effectively manage themselves in the workplace. These strategies will help them maintain an efficient schedule.

Wrap up of the Workshop

Towards the conclusion of the workshop participants will have the chance to ask any questions they may have and create an action plan based on their needs.

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