

# Self-Care & Wellness



Self-paced, online training. Accessible anytime, anywhere.

**Although we may realize that self-care is important for our wellbeing, many of us make excuses or find it difficult to overcome barriers to adapting personal self-care practices.**

**In this course, you will learn about what self-care is and how it positively impacts your health and wellbeing. You will review the impact to those around us when we care for ourselves, and set personal goals for ongoing self-care.**

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## SESSION DETAILS:

- 20-30 minute, self-paced, interactive eLearning course
- Participants can replay sections to reinforce knowledge and learning
- User-friendly platform, accessible 24/7 on mobile and desktop
- Participants receive a certification upon completion of the course

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## DESIGNED FOR:

- Front-line service staff
- Supervisory staff
- Managers

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## LEARN HOW TO:

1. Explain what self-care is and understand why it is important
2. Describe the personal benefits of self-care
3. Identify common myths about, and barriers to, self-care
4. Outline basic self-care and positive lifestyle practices