



90 minutes

Recovery & Resilience

understanding, recovering from and preventing burnout

90 minutes in person or via Zoom

Course Overview: We are identifying that the Self Care conversation is part of our current social situation with many people facing the fact that time and energy is a finite resource. With Self Care as one of the pillars of mental health participants have the opportunity to connect with 'their why' around its importance.

The course directs them to the awareness of our Human Universal Needs and how we are all 'needing' similar base qualities in our lives.

A section of the workbook offers resources for Nourishing the Busy Human and we touch on the importance of physical well-being to our mental state.

Throughout the course, participants will interact with activities in the workbook and in pairs. There will be opportunity for self-enquiry and 'internal course correction' which allows for a more sustainable long term sense of stability, recovery and resilience.

Recovery and Resilience:

- Self Regulation and Soothing Techniques
- Heart & Brain Coherence with neuro scientific-based meditation practices
- Developing kinder inner dialogues & skills for listening to self and others.
- Creating individual anchors
- Asking for support

Participants of this course receive:

- A booklet with unique reference points to prevent overwhelm and maintain balance
- Self Nurture pack
- Certificate of Completion
- 4-week follow up email series to review and encourage further practice

Available both in person and via Zoom. No previous online learning is required.

Our accredited Mental Health First Aiders are aware of the scope of mental health concerns being faced in these times. Our trainers are professional, relatable and passionate about what we are offering.