



Self Care Strategies

30 minutes

daily practices for reducing stress and improving well-being

Course Overview: This 30-minute SOS course dives straight into strategies for managing in our fast-paced world. It addresses common causes of stress in our daily lives, relationships, workplace and physical bodies. This is paired with specific tools for expanding capacity and resilience in a sustainable and relatable way.

With interactive processes and home practices, this 30-minute SOS Course supports your team to improve and maintain a healthy work-life balance.

The course allows an internal dialogue to begin in a language that converts to healthier interactions in the workplace.

Also included:

- Confidential pre course interview (this will assist in contextualising content)
- Confidential post course survey (providing invaluable feedback from workers)
- Post course report from the Facilitator providing feedback and recommendations
- Certificate of course delivery and attendance record as evidence of training

SOS30 Self Care Strategies:

- 3 Pillars for Mental Health
- Self Management & Responsibility
- Home Practices & Resources
- Self-Soothing Techniques
- Mindful Awareness Processes
- Self Enquiry Practices

Participants of this course receive:

- Booklet with unique reference points to prevent overwhelm and maintain balance
- 4-week follow up email series to review and encourage further practice

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.