

Strategies for Self Care

What is Strategies for Self Care?

There are a number of ways in which we can take care of ourselves. There are physical, spiritual, emotional, psychological and financial aspects. Keeping the right balance between these parts of our personal needs is crucial to our sense of wellbeing and fulfillment. We can all learn useful strategies for incorporating balance and self-care strategies into our daily habits

Who is it for?

At times we can all feel that our lives are out-of-balance and we may need to be reminded of ways in which we can recalibrate the different parts of our life . This is for those who are interested in finding alignment to their needs in order to sustain a sense of purpose and vitality in their lives.

What does it offer?

The module educates us on the different types of self-care strategies that exist and then provides learners with useful strategies for deploying self-care practices into their lives. Learning about the difference between stress and strain in our lives learners can then plan out how they will introduce new habits into their lives.

How do we sign up?

Contact us at madebetterhuman.com.au

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applying
**SELF-CARE
PRACTICES**