

Being Kind to Yourself

COURSE SYLLABUS



Extent Digital Learning

Language English

Seat Time 15 mins



Approved training provider 4206



Corporate Member
The CPD Certification!

ABOUT THIS COURSE

It's hard to talk about wellbeing without sounding too 'new age'. I mean, the word is splashed across community noticeboards from Inverness to Plymouth, but what does it really mean? We're talking about people being happy, healthy and comfortable. Simple enough. But it sounds like hard work, right?

Not necessarily. There are ways to keep your wellbeing robust without doing anything particularly challenging – phew! And when your wellbeing is peaking, both mentally and physically, there's nothing you can't do. Important stuff, then.

THIS COURSE EXPLORES 5 KEY STEPS TO HELP YOU INCREASE YOUR WELLBEING, INCLUDING:

- Being mindful
- Getting active
- Making connections
- Learning new skills
- Being a giver

WHY TAKE THIS COURSE?

There are many different ways in which you can improve your mental wellbeing, and why wouldn't you want to do that? Having good mental wellbeing only brings positive effects and benefits for you and the people you encounter. What a great way to spend a few minutes...

iAM