

A Whole Person Approach to Wellbeing and Self-care

Overview

It is critical that we prioritise taking steps to care for our own well-being. With all the pressures from work and life, how do you stay alive in yourself so that you maintain a strong sense of wellbeing, and bring your best self to what you do?

How do you hang in there when things are tough and despite your best efforts, things have gotten the best of you, and you are tired and struggling?

Aim

In this training, we explore the importance of seeing ourselves as worthy of the same care and compassion we show to others, and we view self-care through the lens of the whole person approach.

Learning Objectives

Learn how to care for your emotional and psychological health to prevent burnout.

In times of heightened anxiety, confusion and uncertainty, it is critical that we prioritise taking steps to care for our own well-being.

In this workshop, participants explore the importance of seeing themselves as worthy of the same care and compassion we show to others, and we view self-care through the lens of the whole person approach.

Topics covered

- What is the whole person approach to self-care?
- Difficulties in caring for ourselves, and ways to navigate self-care difficulties.
- Anchors to self, others and what sustains us.



- Living according to your values
- Self-reflective practises
- Noticing stress and depletion
- Setting boundaries and observing limits
- Understanding empathy and compassion
- Developing an individual self-care action plan.

Participants will have the opportunity to begin a self-care journal with the aim of using this as a continuing resource to maintain self-care.

Format

3-hour face-to-face or virtual workshop.

Resources

Printed workbook and wellbeing Journal, plus relevant handouts.

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