



# Self-Care & Wellness



**Self-Care & Wellness is about taking care of yourself, learning how to anticipate stress and crisis whenever possible and equipping yourself with the skillset to practice self-care, particularly during challenging times.**

**The course offers tools and resources for individuals to improve their coping strategies and increase personal resilience during times of heightened stress. Learners will develop a self-care plan through a self-directed online component. The online course is complemented with an Instructor-led workshop where learners apply the principles of self-care using case-based learning, group discussion, and personal reflection.**

## **Audience**

Suitable for workplaces and groups, such as health care professionals, professional responders, teachers, young adults, and any audiences working together in a group setting. Course facilitation is flexible to the group's situation and experiences.

## **Duration**

- 45–90 minutes for self-directed Psychological First Aid – Self-Care online course
- 1.5–2 hours for Instructor-led classroom component (in-person)

## **Instructor**

Psychological First Aid Instructor

## **Prerequisites**

Recommended 16 years of age

## **Course Content**

- Develop a self-care plan to improve your coping strategies and increase personal resilience during times of heightened stress.
- Apply the principles of self-care learned in the online component through a facilitated workshop using case-based learning, group discussion, and personal reflection.

## **Completion**

- Successfully complete the online course: Psychological First Aid – Self-Care
- Successfully participate in 100% of the Instructor-led classroom component

## **Participant Materials**

- Psychological First Aid – Self-Care online course
- Look, Listen, Link, Live cards (optional)

## **Certification**

One-year certification in Self-Care & Wellness