

CORES™ Australia

COmmunity Response to Eliminating Suicide

Town Hall - 66 High Street, PO Box 285 Sheffield Tasmania 7306

03 64 911 552 sharoneo@kentishrc.com.au

Self-Care for Communities

“Self-care is not an “emergency response plan” to be activated when stress becomes overwhelming. Instead, it is an intentional way of living by our values, attitudes, and actions and integrating them into our day-to-day routines.” lifeinmind.org.au

Purpose:

This two-hour self-care workshop is designed to provide community members with the skills and resources to develop an individualised self-care plan that encompasses activities to enhance their physical, emotional and mental health on a daily basis.

The workshop will explore the concept of self-care, how to identify personal signs of stress and simple strategies that can be used to manage individual stress levels on an everyday basis.

Aims:

- To identify individual stresses and struggles
- To develop a self-care plan
- To identify personal supports and resources

Program Outline:

- Self-care defined
- The power of internal and external language
- Identifying personal stresses and struggles
- Identifying self-care strategies and activities that enhance wellbeing on a physical, emotional, spiritual, mental and interpersonal level
- Developing a personalised self-care plan
- Identifying supportive people
- Finding and using community resources
- Evaluation Questionnaire

Target Audience:

Ages 15 years and upwards.

Duration:

Two Hours

Resources Required:

- Adequate size training room for the number of participants.
- Whiteboard and Smartboard or projector and screen.

Expressions of Interest

For further information please email: sharoneo@kentishrc.com.au