

Introduction of Self Care - Wellbeing College

Self Care is an essential skill to cultivate as it helps to manage challenges, pain and hardships in this uncertain and changing world. This course will teach you to take care of yourself on a daily or weekly basis, without feeling guilty.

What is Self Care? Why compassion is important, setting goals for the course

Learning to look after your mind - Affirmations, positive self talk, affirmations colouring pages

What do I need? What is essential? What can I leave for another day?

Setting your day up for success - starting your day right, daily intention, morning routine.

Creating your own sanctuary - declutter, ideal day, importance of bedtime routine

How to set boundaries - Knowing your limitations, Learn how to say no. How to balance work and life.

Learning to look after your body - hand and face massage, nutrition, hydration.

Practicing acceptance - journaling, Being patient with yourself, What am I grateful for.

At the end of the day, remind yourself that you did the best you could today and that is good enough." ~Lori Deschene

Course aim: To gain knowledge of self care skills and learn how to look after your physical, mental and emotional wellbeing. You will be encouraged to engage in self care activities that can make a big difference to your lifestyle. This course will be run by Sandhya Coyle, www.sandhyacoyle.org who is a Yoga, Pilates and Meditation teacher. Sandhya Coyle is a certified Yoga and Pilates instructor, She provides a non-medical, complimentary approach to the medical healthcare system. Sandhya Coyle is not acting as a physician, mental health therapist or other licensed or registered professional. All information provided by Sandhya (the Author) are for general health and educational purposes only and have not been evaluated by any government agency. Such Information does not replace professional medical advice, recommendations, diagnosis or treatment. It is your responsibility to keep your doctor informed and get medical clearance from your doctor before beginning or modifying any diet, supplements, exercise, or lifestyle program.

Is there a cost?

No, this activity is free of charge.

Who is this aimed at?

Men and women, all ages.

Contact Details

The Wellbeing College, BANES

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When & where does it start?

Friday 15th July	09:00 - 10:30	8 sessions	Online via Zoom - - 07565 976 129
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Booking is essential to ensure your place on the activity. Most courses are free but if a charge applies, that is indicated above.

Call 01225 831 820 or email enquiries@wellbeingcollegebanes.co.uk for more information or to book your place.

www.wellbeingcollegebanes.co.uk