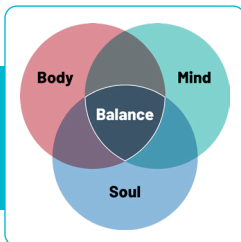


LIFESKILLS COURSE #L 510



Self-Care



COURSE DESCRIPTION

We live in a busy world where stress, obligations, and distractions can overwhelm us. This *Self-Care* course gives you practical ways to pause, recharge, and care for your mind, body, and emotions. Through reflection, activities, and personal planning, you will learn to better understand your needs and create a personalized self-care approach that lasts. Most importantly, you will see how caring for yourself is what allows you to show up with greater patience, strength, and love for the people who matter most in your life and your community.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Opportunity and Growth
- Self-Awareness and Safety
- Positive Thinking Skills
- Goal Setting and Achievement



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a coach or mentor.
- **Group**—To be completed in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.



COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
 Course Format: eLearning
 Item Number: L 510
 eLearning Length: 258 Slides
 Scientific Model: Cognitive Restructuring

CRIMINOGENIC NEEDS MET

Social and Emotional Learning
 Restorative Practices



COURSE CONTENT

Unit 1: Understanding Self-Care

Gain an overview of what self-care really means

Unit 2: Self-Care of the Mind

Learn techniques to strengthen mental and emotional resilience

Unit 3: Self-Care of the Body

Learn to understand how physical habits influence energy and well-being.

Unit 4: Self-Care of the Soul

Practice connecting with meaning, purpose, and inner peace

Unit 5: Self-Care Plan

Integrate learning into daily life and explore why self-care often fades.



eLEARNING ACTIVITIES

- Narration & Story Telling
- Animated Thoughts
- Self Assessments
- Scenario Based Learning
- Focused Journaling
- Application and Skill Building



PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- eLearning License