INTRODUCTION TO SELF CARE

01. Who is this course for?

Self-care is about doing things that benefit our mental health and wellbeing. Developing good self-care strategies can also lead to improved resilience. This course will explore what self-care is, the benefits of self-care to ourselves and those around us and how we can fit self-care in to everyday life.

08. How will I be supported in my learning?

We offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice. Once you start the course, if you have further queries and/or support needs, please talk to the Tutor.