



# MICRO SELF CARE STRATEGIES

60 minute program

## Overview: Daily practices for reducing stress and improving well-being

Micro self care addresses the most common cause of neglecting self care.....time! Our micro self care strategies are easily incorporated into to daily life and combats the impacts of stress. This is paired with specific tools for expanding capacity and resilience in a sustainable and relatable way.

### Program Topics

- 3 Pillars for Mental Health
- Self Management & Responsibility
- The Inner Critic and Ways to Pattern Interrupt
- Home Practices & Resources
- Self-Soothing Techniques
- Simple and effective daily self care
- 2 minute Toilet Cubicle Meditation
- Ways to take care of your Mental Health
- Self Enquiry Practices

### Inclusions

- Confidential pre course interview - this will assist in contextualising content and addressing core issues
- Post course survey (providing invaluable feedback from workers)
- Post course report providing feedback and recommendations
- Certificate of course delivery and attendance record as evidence
- Downloadable Workplace 'AHA' Action plan

### Participants of this course receive:

- Workbook with tools and resources.
- 4-week email series to review and encourage practice

### Program Benefits

- Reduce worker stress levels
- Improve workers resilience to cope with change
- Improve a healthy work life balance
- Improve focus and creativity
- Increase productivity
- Boost employee engagement
- Cultivate staff loyalty
- Reduce sick days
- Reduce physical injuries
- Reduce workplace conflict
- Meet WHS Legislation requirements

### Delivery Format

- Face to face delivery
- 60 minute program
- Experiential processes, an impactful learning style
- Provide skills & strategies that can be implemented today
- Relaxed and engaging training style
- Meet WHS legislation requirements

### Learn More

[www.fasttrainingaustralia.com.au](http://www.fasttrainingaustralia.com.au)  
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