

## Effective self-care

### Why should I do this course?

- This self-study course is part of a series of self-care courses being published by Optimus Education to address the growing need for in house staff wellbeing and support resources. The course will enable you to:
  - Discover the theoretical background to self-care
  - Recognise their patterns of behaviour and why this is important for self-care
  - Identify a self-care baseline
  - Take a detailed look at physical and mental health and well-being
  - Learn how to become more self-aware of your need for self-care
  - Be able to promote positive change for themselves and implement their own version of effective self-care.

### Making the most of this course

This course enables you to learn in your own time and at your own pace.

1. Complete the online units at your own pace starting with Unit 1 and then the subsequent units. Once you have completed the full course you can dip in and out of the units to refresh your learning or revisit areas that were of particular interest.
2. Ensure you complete all the activities that complement the theories within the course, they will ensure that your learning is truly embedded and that the skills become part of everyday life for you.
3. Once you have completed a unit you can apply to receive a certificate, if you intend to complete the full course please ensure that you apply once you have completed all units.
4. Visit the suggested reading and additional resources to broaden your knowledge and learning.

### Suggested participants

- Senior leaders, classroom teachers, TAs/LSAs and other colleagues who have a remit for promoting well-being

#### 1. The story behind self-care

**This unit explores self-care and it's back-story, what the research suggests, how to identify what works and what doesn't work for you.**

- Discover the theoretical background to self-care behaviour
- Understand what determines their own self-care behaviour
- Recognise their patterns of behaviour and why this is important for self-care.

#### 2. Self-care baseline

**This unit explores self-care and finding your baseline, where you are now, what progress looks like and how you can achieve it.**

- Discover their self-care baseline using a scaling technique
- Understand what the scaling technique can offer them
- Determine what progress means to them and how it can be made.

#### 3. Physical self-care

**This unit explores physical self-care, focusing on three inter-related areas of movement, nourishment and rest.**

- Take a detailed look at physical health, well-being and self-care.
- Understand the latest research and how it applies to their lives
- Use the activities to help them see how they can make progress

#### 4. Mental care

**This unit explores mental self-care, focusing on two key areas of protection and promotion.**

- Take a detailed look at how to promote and protect their mental health and well-being.
- Learn how to become more self-aware and how this helps enhance mental health.
- Recognise their patterns of behavior and why this is important for self-care.

#### 5. Bring the change

**This unit explores how to bring about the change that you would like, focusing on effective planning, doing and reviewing.**

- Learn how to plan their own 'health promotion intervention'
- Be able to bring about positive change for themselves and realise their own version of effective self-care
- Review actions, refresh their plans, and continue to bring about positive change in the future.