



Member training:

Self-care: Small changes for positive results



March featured training

Self-care: Small changes for positive results

Many people feel that they have to put other people's needs before their own. But putting aside our own needs is a trap we can easily fall into with aging parents, young children or dependents relying on us. When we think about it, our health and happiness are the basic foundations of our life. And — just like a house — if the foundations are wobbly, so too is the rest of the structure. Once you've grasped this fact, you then turn to: 'but when do I have time!?!'. We get it. In this module we address both of these issues: the need for self-care and the time you can find to do it.

Participants will:

- Learn why they need to care for themselves, just a little bit more
- Explore the many ways that they can build self-care into their everyday life
- Know how to build a self-care plan for themselves
- Talk about how to help others build their own plan for self-care

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p>Recorded sessions</p> <p>On demand (no Q&A)</p> <p><u>Watch now</u></p> <p>Short on time? Watch the 10-minute summary <u>here</u></p>	<p>14 March 02:00am-03:00am CT (with Q&A)</p> <p><u>Register now</u></p>	<p>15 March 08:00am-09:00am CT (with Q&A)</p> <p><u>Register now</u></p>	<p>16 March 12:00pm-1:00pm CT (with Q&A)</p> <p><u>Register now</u></p>
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Space is limited for the live training session options, so advance registration is required.

Next month's training will focus on stress and coping with stressful situations. Keep an eye out for registration links to join a live session or use the on-demand option to watch when it's convenient for you.

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