



**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 lives. 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 lives
- Know how to build a self-care plan for themselves
- Talk about how to help others build their own plans 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><b>Recorded sessions</b></p> <p>On demand (no Q&amp;A)</p> <p><a href="#"><u>Watch now</u></a></p> <p><b>Short on time?</b> <b>Watch the 10-minute summary</b> <a href="#"><u>here</u></a></p>	<p><b>14 March</b> 07:00-08:00 GMT (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>15 March</b> 13:00-14:00 GMT (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>16 March</b> 17:00-18:00 GMT (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></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.

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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