



SELF CARE IS NOT SELFISH

Free course for members from a branch based in Lincolnshire

The content of this course has been delivered to many thousands of people and is perhaps more relevant than ever given the uncertain and unsettling times we are experiencing at the moment. It is less about learning mindfulness or yoga (as great as these things can be) and much more about drawing attention to the habits we are forming in our personal and professional lives that are unhelpful and unhealthy.

- Understand the reasons why self-care is not selfish and why it is, in fact, essential for our own wellbeing as well as those we live and work with.
- Recognise some of the common reasons why we don't care for ourselves as we could/should.
- Identify the many consequences of not caring for ourselves and how they affect our personal and professional lives.
- Explore ways to become better at caring for ourselves in a healthy way.

Tuesday 2 March 2021 6-8pm
Via Zoom

To apply email: unisonlearninglincs@gmail.com
or point your smartphone camera at the QR code

Closing date for applications Tuesday 23 Feb.

