



**FREE ONLINE COURSE FOR UNISON MEMBERS IN NOTTINGHAMSHIRE**

# **SELF-CARE IS NOT SELFISH**

*Thursday 7 October- 6-8pm  
via Zoom*

**THE SESSION WILL LOOK AT THE UNHELPFUL AND UNHEALTHY  
HABITS WE FORM AND CONSIDER:**

- **WHY SELF-CARE IS ESSENTIAL FOR OWN, AND OTHERS', WELLBEING**
- **SOME OF THE REASONS WE DON'T CARE FOR OURSELVES**
- **THE CONSEQUENCES OF NOT CARING FOR OURSELVES**
- **WAYS TO BECOME BETTER AT CARING FOR OURSELVES**

**TO APPLY EMAIL [UNISONNOTTSLEARNING@GMAIL.COM](mailto:UNISONNOTTSLEARNING@GMAIL.COM) OR VISIT  
[WWW.EASTMIDLANDS.UNISON.ORG.UK/UNISON-NOTTS-LEARNING](http://WWW.EASTMIDLANDS.UNISON.ORG.UK/UNISON-NOTTS-LEARNING)**