

WELLBEING FIRST COURSE SUMMARY

Life Balance – (Microlearn)

15-minute module including case study, advice + tips, interactive questions

Healthy Living – (Microlearn)

This module explores the importance of a healthy diet, exercise and sleep and the influence each of these have on an individual's health and wellbeing.

Mindset – (Microlearn)

15-minute module that explores the different types of mindset and how to modify your own, to make a positive impact on your life.

Attitude – (Learning Planet)

This course details how you can use your attitude to the best possible advantage. You will learn about ways to improve attitude, dealing with change and motivation factors. 10 minutes.

Stress – (Microlearn)

Dealing with stress module, the 15-minute module that looks at sources of stress and the behavioural and health indicators. This module also offers advice on dealing with stress and explores ways in which you can reduce your stress levels.

AND

10 minutes managing stress (learning planet) Take 10 minutes to view this engaging video, then finish the workbook to complete your learning experience.

Resilience – (Microlearn)

A 15-minute module that will help you develop a better understand of how to be resilient in the face of adversity, by bending instead of breaking under pressure.

Relaxation – (Microlearn)

This 15-minute module explores different relaxation techniques and the benefits of rest and recovery from the stresses of everyday life.

Prioritisation – (Ready to Go fundamentals)

The art of prioritisation: what comes first This topic looks at the art of prioritisation and offers some basic principles to help get yourself organised.

Mindfulness – (Microlearn)

This 15-minute module explores the different types of mindset and how to modify your own, to make a positive impact on your life.

Yoga – (Creative Live)

7 short 15-minute daily yoga routines, which can help you relax and invigorate your mind, get in touch with your creative centre, and find the inspiration you need to create for the rest of the day.