

# Self-Care Toolkit



**Session Date:**  
April 17<sup>th</sup>, 2025



**Start and End Time:**  
10:00 AM – 11:00 AM EST



**Location:**  
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**In today's demanding environment, many people neglect their own self-care routines, which can negatively impact their overall wellbeing.**

It's more crucial than ever to focus on maintaining personal mental health, energy, and work-life balance. This session will introduce the concept of the 'wellbeing wheel,' a holistic approach to self-care that encompasses physical, emotional, and mental health.

Participants will learn strategies for maintaining a balanced life, including how to integrate mindfulness, energy management, and stress reduction into their daily routines.

By reflecting on personal wellbeing, attendees will discover new perspectives and techniques to build a sustainable self-care routine. This session provides actionable steps to enhance resilience, improve focus, and foster a deeper sense of satisfaction in both personal and professional lives.

## **Learning Outcomes:**

- **Assess Their Wellbeing:** Identify the key areas of wellbeing in their life using the "wellbeing wheel."
- **Explore Self-Care Strategies:** Discover a range of strategies to care for their physical, emotional, and mental health.
- **Build a Sustainable Plan:** Create a personalised self-care plan that suits their lifestyle and goals.
- **Maintain Their Wellbeing:** Learn how to sustain their self-care plan for long-term health and happiness.