

BLISS=Ability

Inform, Involve, Include.

While we are under Covid Restrictions and not able to meet you face to face, we will continue to offer self care by using:

- **Zoom**
- **Teams**
- **Telephone**

For more information please contact us.

CONTACT INFORMATION

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Self Care

- **Do you have a long term health condition?**
- **Do you have a disability?**
- **Do you have 'low mood'?**
- **Do you want to make a small change to your Lifestyle?**

The self care sessions can help you make positive changes to lifestyle, and enhance your physical and mental health.

Session can be delivered to groups and individuals living or working in South Tyneside.

Sessions are very relaxed and friendly!

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What is Self-Care?

The term 'self-care' describes the actions that people take in order to 'develop, protect, maintain and improve their health and wellbeing.'

Our Self-Care Course covers:

- An introduction to self-care.
- Your health beliefs & how to change unhealthy behaviours.
- Confidence building & increasing self esteem.
- Managing stress & anxiety.
- Healthy eating & nutrition.
- Physical activity.
- Creating your own unique self-care plan.

It is a flexible nine hour course, delivered by a qualified trainer. Sessions are learner-focused with follow-up reviews.

Our course can also be arranged to suit you, a group or workplace staff. It's FREE to anyone living or working in South Tyneside.

We also deliver:

Two hour taster sessions as an introduction to self-care with promotion to the '5 Ways to Health and Happiness'.



Our Client Feedback:

"The self-care course helped me make small changes that makes so much difference to my energy levels."

"As a carer, I rarely considered my own needs. Since doing the course I realise it's a must as I have found small ways to improve that really help."

"I would recommend the self-care course to everyone, it's made me examine my lifestyle and motivated me to make changes."