

BLISS=Ability

Inform, Involve, Include.



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For more information

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 **@blissability**

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 in your life?**

Our Self-Care course can help you make positive changes to your lifestyle to improve your physical and mental health.

Delivered at:

- **BLISS=Ability**
- **Any local community venue**
- **At your workplace**

Sessions take place in a relaxed, friendly environment.

Free refreshments available.



Charity No 1074944



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."