

Managing Your Emotional Wellbeing

FREE Workshop for Aged Care Staff in the Northern Sydney Region

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times

Our emotions are an incredibly powerful internal force, affecting everything we do & the choices we make both in and outside of the workplace.

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health

The workshop, which is available for Northern Sydney Region aged care organisations and their staff, outlines the importance of self-care and helps you understand your personal wellbeing across four dimensions; thoughts, feelings, physical and behaviour.



It will empower you with the insight on what impacts your emotional well-being, practice mindfulness techniques, create a personalised toolkit of wellbeing strategies to make positive changes to enhance your wellbeing, connect with your colleagues & participate in a short meditation.

TO BOOK WORKSHOP FOR YOUR ORGANISATION & STAFF

Due to CV-19, this free workshop is currently only available via Zoom. Once restrictions are lifted it will be run in-house for all CHSP-funded & HCP service providers located in the Northern Sydney Region. To book, email Rosanna, Home Support & Partnerships Coordinator. Email: RosannaC@yourside.org.au