

## Arch Health and Wellness



### Health and Wellness Course – 2023

#### Agenda:

- Current challenges, stress, & burnout
- Self-awareness & Wheel of life
- Creating goals & Self-care wheel
- Square breathing, QTL, & PMR

#### Goal:

Have participants understand the importance of implementing health and wellness practices, recognize the challenges associated with achieving wellness, and be able to implement healthy living practices along with relaxation techniques successfully.

#### Objectives:

By the end of this course, students will be able to:

- Describe the importance of implementing health and wellness practices
- List challenges associated with achieving overall wellness
- Describe the importance of setting and achieving goals in relation to self-care strategies
- List some examples of health and wellness practices
- Describe a holistic wellness approach
- Identify components of the health and wellness wheel
- Identify principles associated with implementing relaxation techniques
- Create a personal health and wellness plan

**Time:** 4 Hours   **Cost:** \$575 + Travel   **Includes:** 50 students and access for the personal use of copyrighted material