

<div>SUSTAIN</div>	<div>s1</div> <div>Self care</div> <div>How to sustain yourself</div>		<div>session plan</div> <div>EQF level 5</div> <div>unit of L.O.</div> <div>SUSTAIN 1</div>
	<div>Objectives</div> <ul style="list-style-type: none"> Understand aspects and importance of self care Know and demonstrate self care practices Apply self care on different levels, before, during and after teaching <div>Methods</div> <ul style="list-style-type: none"> Brain storming Sharing of personal practices and experience Exercise Gym with the group Role play including feedback and self care practice in the end Reflection 		<div>Trainer</div>
			<div>Place</div> <div>Room or outdoor</div>
			<div>Time</div> <div>1H minimum</div> <div>+ 1H if role play</div>
<div>Content</div>	<ul style="list-style-type: none"> What is self-care about? Why do we need it? Definitions, targets (body + psyche), symptoms of lack, personal needs Emotional responses in front of the current planetary crisis What are personal self care practices for body and psyche? Before, during, after a training/ building Health & safety aspects 		<div>Documents</div> <ul style="list-style-type: none"> e_Heavy lifting e_Messy workplace (STEP) t_Self care t_Health & safety r_Resources
<div>Activities</div>	<ul style="list-style-type: none"> Create a time schedule for this session that allows time with others, with nature, with self Frame the subject Ask participants about their understanding of the word, complete Brainstorming (choose a tool): What are the different aspects or components of self-care? Sharing: Ask participants what their personal self-care practices are, tell about your own experience as a trainer or builder. Talk about emotional responses in front of the current planetary crisis Exercise related to construction. For example <ul style="list-style-type: none"> Heavy object: Lifting and holding up heavy stuff with a few trainees Messy working place Gym with the group, for example do a warm up or stretching Role play: create a stressful situation (self care in a non healthy environment) "The trainer or client in a bad mood or aggressive", include feedback and practice self care in the end Reflection: What are your needs, what are your triggers, how can you improve your self care? Hand outs (t and r). Link to the session about the biology behind self care (modul TEACH) 		<div>Equipment</div> <div>Tools for brainstorming</div>
<div>Preparation</div> <div>A heavy piece of wood or stone for the exercise</div> <div>Chairs in a circle to discuss</div> <div>Space for gym</div>			