

Course Name: Health and Wellness

Course Summary (brief description of course)

This four-hour course will help participants develop an understanding of how stress affects us physically, mentally, and emotionally. It helps participants recognize symptoms of trauma-related stress and learn the importance of self-care, emotional first aid as well as evidence-based techniques to mitigate stress and build resilience.

Course Performance Objectives (4 or 5 measurable objectives)

1. Participants will learn about the effects of every day and trauma-related stress.
2. Participants will learn the importance of self-care to build resilience and coping skills.
3. Participants will learn basic Emotional First Aid skills to mitigate stress.
4. Participants will experience hands-on practice to build resilience and reduce stress, including nutrition, breathing techniques, mindfulness, yoga.
5. Participants will create a personal emotional first aid kit.

Time	Topics covered	Methodology
0800 – 0900	Introduction to types of stress, trauma, vicarious trauma, and their influences on our physical and mental health and ability to function and decision making.	Lecture TV/Video/DVD Group Discussion Demonstration
0900 – 1000	Self-Care/Stress Assessment (Self Care and lifestyle balance inventory) and create a personal care plan/Action Plan  Emotional First Aid	Lecture TV/Video/DVD Group Discussion Demonstration Personal Assessment
1000 – 1100	Investigate & research self-care and wellness tools  Importance of nutrition on the mind and body.	Lecture TV/Video/DVD Group Discussion Demonstration

		Personal Assessment
1100 –1200	Evaluate and practice wellness tools (breathing techniques, yoga, nutrition resources)  Create personal Emotional First Aid Kit	Lecture TV/Video/DVD Group Discussion Demonstration Personal Assessment