



Learning unit 3

Self-care and family strategies

Areas focused on: Supporting self-care. Stress management and increase of emotional wellbeing.

Outcomes of module:

- Identify stressors faces by families of children with special needs
- Familiarize with behavioral techniques to encourage well being
- Familiarize with cognitive techniques to encourage well being
- Discuss sleep hygiene
- Familiarize with mindfulness
- Supporting the siblings

Summary

Module was based on adult education strategies encouraging the participants to share and shape to progress of the discussion. There were demonstrations of interventions for the participants encouraging experiential learning.

Topics covered included: behavioral and cognitive techniques decreasing anxiety and increasing emotional wellbeing such as time management, physical self-care, sleep improvement, cognitive restructuring and mindfulness.

The topics covered were chosen and presented in such a manner that the participants were able to understand and also experience for themselves the improvement in anxiety and sense of



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wellbeing that can result from the implementation of simple behavioral and cognitive techniques.

Assessment

Upon completion the participants were able to answer the following:

1. Identify behaviors which contribute to the decrease of negative emotions
2. List techniques to improve sleep
3. Describe the relation between feelings and thoughts
4. Identify cognitive distortions
5. Impact of disability of child on siblings