



**ENERGY**  
Wellness Health Program

# GREEN CARE WELLNESS PROGRAM HANDBOOK



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# Unlocking your superpower with focus



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This module is open to all who want to explore their capacities and increase their productivity by learning new practical ways to focus. Through specially selected techniques and focusing on what is essential, participants will be able to experiment with new behaviour, which helps them to establish the best approach to increased concentration and managing energy and time in their work environments.

Units covered in the module:

- Introduction to the topic of focus and concentration
- The path from being overwhelmed and stressed to state of focus and productivity
- Setting priorities and achieving more with less
- Unlocking the formula "F.O.C.U.S."

## Learning Outcomes

After completing the course, you will be able to:

- Recognise behaviour patterns where concentration is afflicted
- Compare the circumstances in situations which lead to higher stress and situations where focus is balanced, positively effecting work productivity
- Practice setting priorities and managing personal time in a more efficient manner
- Adopt the potential of the formula "F.O.C.U.S." into own super strength

## Institution

Institute for Research in Environment, Civil Engineering and Energy



# The power of attitude of gratitude



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This module is open to all who want to tackle the power of positive psychology and start their journey of unlocking the power gratitude brings in daily life. Participants will be able to experiment with simple techniques and increase their happiness and well-being.

Units covered in the module:

- Introduction to Positive Psychology
- Importance of an attitude of gratitude
- Practicing gratitude
- Improve your happiness by being grateful every day

## Learning Outcomes

After completing the course, you will be able to:

- Discuss the importance and power of positive psychology and its effects on daily life
- Analyse your own attitude of gratitude and ways to improve it
- Apply a set of techniques to increase a positive mindset and attitude of gratitude
- Create your own daily practice of expressing gratefulness and cherish the beauty of life

## Institution

Institute for Research in Environment, Civil Engineering and Energy



# Manage your personal energy



**Duration: 5 weeks**



**Workload: 5 hours**

## About the Course

This module is open to all who want to understand themselves, the way they lose energy and explore the potential of behaviour which saves and creates more energy. Practising different styles will bring the participants the understanding and inspiration to create their style of energy-efficient behaviour.

Units covered in the module:

- What is personal energy efficiency?
- Are you wasting your personal energy?
- Exploring ways to save and create energy by applying green care practices

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## Learning Outcomes

After completing the course, you will be able to:

- Recognise the importance of managing personal energy
- Identify how personal energy is being wasted
- Explore a variety of ways to save and create energy in relation to green care practices
- Acquire a unique style for personal energy efficiency

## Institution

Institute for Research in Environment, Civil Engineering and Energy



# Mindfulness for personal energy efficiency



**Duration: 5 weeks**



**Workload: 5 hours**

## About the Course

This module is open to all who want to explore their own behaviour and experiment with a set of simple, practical techniques in the period of 4 weeks, reflecting on mindfulness of body, emotions, mind and self.

Units covered in the module:

- Introduction to mindfulness (importance and benefits)
- Mindfulness of body
- Mindfulness of emotions
- Mindfulness of thoughts
- Mindfulness of self

## Learning Outcomes

After completing the course, you will be able to:

- Discuss the importance and power of mindfulness
- Recognise unbalanced behaviour in your daily life
- Practice mindfulness techniques to enhance the awareness of their body, emotions, thoughts and self
- Adopt effective personal energy efficiency mindfulness methods for higher well-being

## Institution

Institute for Research in Environment, Civil Engineering and Energy



# Develop new habits for positive change



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This module is open to all who want to explore their behaviour and understand the power of habits. The participants will be supported to identify their own habits, and the differences between their plans and outcomes in daily life. Additionally, participants will explore how to stop certain habits and introduce new ones in their lives.

Units covered in the module:

- Introduction to the topic Habits and Behavior change
- Awareness of your habits, their potential and limitations
- How to set up new habits and break undesired ones
- Rituals which bring positive change (e.g., where less is more), including green care practices

## Learning Outcomes

After completing the course, you will be able to:

- Understand what habits are and how they work
- Recognise your own habits and the potential and limitations they bring
- Explore new routines and step-by-step approach to set new habits
- Apply ritual(s) which bring positive change and better well-being, including green care practices

## Institution

Institute for Research in Environment, Civil Engineering and Energy



# Burn-out



**Duration: 5 weeks**



**Workload: 5 hours**

## About the Course

Nowadays, almost all working people struggle with anxiety, stress, fatigue, etc, and eventually burnout. In this module, you will find out what burn-out is, how to recognise burn-out in yourself and you and also what are the ways to protect yourself from burn-out (burn-out hygiene).

Units covered in the module:

- What is burn-out
- Symptoms of burn-out (physical, behavioural, emotional, overall)
- Factors influencing burn-out
- How to identify burn-out
- Techniques for burn-out prevention

## Learning Outcomes

After completing the course, you will be able to:

- Define what is burn-out
- Identify burn-out symptoms
- Demonstrate support to himself and others when he/she is in the process of burn-out
- Select personal behavior if he or she is in the process of burn-out
- Develop a personal behaviour system in order to prevent burn-out

## Institution

Viesoji istaiga "Svietimo, tyrimu ir konsultaciju centras"





# Understanding and dealing with your thoughts patterns



**Duration: 2 weeks**



**Workload: 3 hours**

## About the Course

Cognitive bias is a systematic thought process caused by the tendency of the human brain to simplify information processing through a filter of personal experience and preferences. While the coping mechanism is effective, its limitations can cause errors in thought. It can harm not only your decision-making but also your judgment, values, and social interactions. As a result, it is essential to know and notice cognitive bias to introduce objectivity into your decision-making and allow more time for it.

Units covered in the module:

- Introduction to cognitive biases and typology
- Most common cognitive biases
- Overcoming the cognitive bias

## Learning Outcomes

After completing the course, you will be able to:

- Identify cognitive biases in his and others' behaviour
- Demonstrate skills in introducing objectivity into decision-making
- Select appropriate behaviour to overcome cognitive biases
- Develop new ways of thinking and living

## Institution

Viesoji istaiga "Svietimo, tyrimu ir konsultaciju centras"



# Improve your communication skills for healthier relations



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

Communication skills are abilities you use when giving and receiving different kinds of information. Having strong communication skills aids in all aspects of life – from professional life to personal life and everything that falls in between. As a result, a person who has good communication skills is more likely to be successful.

Units covered in the module:

- Introduction to communication theory - active listening and advantages of active listening
- Non-verbal communication, understanding of the body language
- Building rapport
- Introduction into metaprograms

## Learning Outcomes

After completing the course, you will be able to:

- Define different types of communication
- Demonstrate active listening skills
- Distinguish non-verbal communication signs
- Select personal communication behaviour depending on the other's metaprogram
- Conjecture personal and other communication strategies

## Institution

Viesoji istaiga "Svietimo, tyrimu ir konsultaciju centras"



# Transforming negative thoughts and beliefs into productive actions



**Duration: 2 weeks**



**Workload: 4 hours**

## About the Course

This module contains practical exercises and techniques for dealing with negative thoughts. It includes some theoretical information about the importance of self-awareness and responsibility in dealing with negative thoughts. Also, it explains how our locus of control works (the degree to which an individual feels a sense of agency in regard to his or her life).

Units covered in the module:

- Self-awareness and responsibility
- What is the locus of control, and why it is crucial
- How to deal with fears (gremlins)
- Practical exercises on replacing negative thoughts with more realistic, positive ones

## Learning Outcomes

After completing the course, you will be able to:

- Understand the importance of self-awareness and responsibility
- Recognises personal type of control (locus control)
- Differentiate/Identify his own types of fears and negative thoughts
- Construct own system of negative thoughts control

## Institution

Viesoji istaiga "Svietimo, tyrimu ir konsultaciju centras"



# Formulate your goal to make it real



**Duration: 5 weeks**



**Workload: 5 hours**

## About the Course

This module introduces the formulation and identification of persons' strongest competencies. By setting a goal, an individual makes a roadmap for a specific target. The elements in the framework work together to create a goal that is carefully and thoughtfully planned out, executable and trackable. Setting goals helps trigger new behaviours, helps to guide your focus and enables you to sustain that momentum in life.

Units covered in the module:

- Identification of strong competencies
- Identification of personal values
- Formulation of the short-term and long-term goals according to the SMART system
- Time planning for the goal achievement

## Learning Outcomes

After completing the course, you will be able to:

- Define personal short-term and long-term goals
- Foresee adaptive strategic and tactical steps and resources to achieve the desired results
- Select priorities of personal growth and identify actions to achieve the goal
- Design personal development plan

## Institution

Viesoji istaiga "Svietimo, tyrimu ir konsultaciju centras"





# Artistic activities to cope with stress



**Duration: 3 weeks**



**Workload: 3 hours**

## About the Course

This module is open to all those who wish to experience art as a tool to lower stress levels and increase concentration and balance. In this course, the therapeutic qualities of art will merge with those of nature - in fact, the subjects of mandalas and origami will be related to naturalistic themes.

Units covered in the module:

- Art therapy and its benefits on the individual
- Mandalas: analysis of the specific benefits of colouring; the choice and use of colours; balance training
- Origami: analysis of the benefits of the origami activity. Focus on simplicity and connection with concentration training

## Learning Outcomes

After completing the course, you will be able to:

- Express and communicate your emotions through art
- Discover practical ways to use different art techniques to be more concentrated and peaceful
- Practising the implementation of patience relaxation through art

## Institution

European Culture and Sport Organization



# Understanding burnout and Coping burnout



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

Burn-out syndrome is characterized by fatigue, disappointment, attrition, and unproductivity that result in prostration and disinterest in one's daily professional activities.

Units covered in the module:

- Analysis of the meaning of burn-out and its indicators and symptoms
- Self-administration of a test to find out whether one suffers from the syndrome
- Identifying ways to prevent syndrome: Ways of organizing work, Conception of the workplace and Definition of new modes of production and work
- Identification of modes of care and intervention in syndrome

## Learning Outcomes

After completing the course, you will be able to:

- Identify the symptoms of burn-out
- Understand whether you suffer from burn-out symptoms
- Learn about ways to prevent burn-out syndrome
- Acquire elements and tips to manage burn-out
- Enhance the organisational well-being

## Institution

European Culture and Sport Organization



# Mental health issues



**Duration: 3 weeks**



**Workload: 3 hours**

## About the Course

This module aims to provide an understanding that personal mental health is directly related to work health (and vice versa). According to research, nearly 50% have problems with anxiety and insomnia. 80% have symptoms of burn-out. For these reasons, it is essential to know what are the risks that can result to one's mental health from a wrong approach to work.

Units covered in the module:

- Identify the correlation between the work environment and mental health protection
- Categorizing risk factors and indicators of distress
- Develop and promote healthy lifestyles to protect one's mental health (nutrition, sleep-wake rhythm, combating sedentariness, managing emotions)

## Learning Outcomes

After completing the course, you will be able to:

- Assess the impact of work on the individual's mental health
- Identify risk factors that may occur in the work environment
- Manage risk factors

## Institution

European Culture and Sport Organization



# Sport as a tool for mental health



**Duration: 3 weeks**



**Workload: 3 hours**

## About the Course

This module is open to all those who want to lower stress levels and increase their psychophysical well-being through sports and physical activity. Sport and physical activity play an essential role in preventing mental illness and in reducing the impact of mental disorders since physical activity reduces the amount of cortisol in the blood and stimulates the release of norepinephrine, serotonin and dopamine.

Units covered in the module:

- Definition of mental health and the most common mental disorders
- Benefits of sport and physical activity for mental wellbeing
- Guidelines and tips on how to improve psychophysical well-being through sport and physical activity

## Learning Outcomes

After completing the course, you will be able to:

- Know the definition of the most common mental health problems
- Understand if they are potentially affected by some mental disorders
- Discover the benefits of sport and physical activity for physical, mental and social wellbeing
- Learn how to improve their mental wellbeing through sport and physical activity

## Institution

European Culture and Sport Organization





# How to manage your techno-stress



**Duration: 3 weeks**



**Workload: 3 hours**

## About the Course

The isolation and increasingly frequent use of digital work and communication tools and virtual and augmented realities have led to the development of forms of "techno-stress", a syndrome caused by the continuous and simultaneous use of computers and digital, which can lead to anxiety, mental fatigue and attacks of anger, which can therefore lead to a decrease in the level of productivity of the worker.

Units covered in the module:

- Digital education
- Recognize techno-stress
- Prevent and fight techno-stress

## Learning Outcomes

After completing the course, you will be able to:

- Comprehend how to use digital correctly and how not to use it incorrectly
- Understand the elements and characteristics of techno-stress and the factors inducing technostress
- Apply techniques to prevent techno-stress.
- Use techniques to combat techno-stress

## Institution

European Culture and Sport Organization



# How to overcome anxiety and revolutionize your behavior



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This module aims to help participants learn how anxiety can be overcome by approaching the situations they have avoided. Experiencing negative emotions which make us feel unpleasant is a widespread and expected consequence of life's ups and downs. A common way to cope, used by many people, is to stay away from situations that cause these unpleasant feelings. Approaching and not avoiding situations that could trigger anxiety can help people build confidence and enable them to master the problems that they previously feared.

Units covered in the module:

- The incremental effect avoidance has on anxiety.
- How to approach – not avoid – a situation.
- Practical skill to begin changing avoidance behaviour

## Learning Outcomes

After completing the course, you will be able to:

- Understand how avoidance keeps anxiety going
- Learn how anxiety can be overcome by approaching situations they have been avoiding
- Learn practical strategies for managing excessive shyness and anxiety in social situations
- Learn how to tackle their physical sensations, shift unhelpful thoughts, and change behaviours that tend to maintain and worsen their anxiety

## Institution

Creative Thinking Development - CRETHIDEV



cre thi dev  
creative thinking development

# Coping with stress



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

Stress is a fact of life, wherever we are and whatever we are doing. We cannot avoid stress, but we can learn to manage it and develop skills to cope with the events or situations we find stressful. In this module, you will learn to distinguish the different types of stress since some stress can be helpful if it motivates us to accomplish tasks or make needed changes.

Units covered in the module:

- Introduction to stress (is there a “good” or “bad” stress?)
- What are the major stressors, and how can you identify them in your life
- Easy to use stress coping strategies
- Which lifestyle elements can you change to reduce stress
- How to create your plan to reduce or eliminate stress

## Learning Outcomes

After completing the course, you will be able to:

- Understand what stress is and the different types of stress
- Identify the causes of stress
- Identify the symptoms of stress
- Learn how vulnerable they are using standardized tests
- Realize which are the unhealthy ways to deal with stress
- Learn easy-to-use stress management strategies and practical exercises
- Develop a plan to reduce stress

## Institution

Creative Thinking Development - CRETHIDEV



# The way from stress to happiness



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

The pursuit of happiness is one that humans have been working toward since the beginning of time. Living the good life, flourishing, self-actualization, joy, and purpose are words connected to happiness. It has been confirmed that interventions designed to increase happiness may benefit from the inclusion of activities to manage and cope with stress.

Units covered in the module:

- Definition and types of happiness
- Factors that affect happiness
- How happiness reduces stress
- The positive emotional states can contribute to greater emotional resilience, health, and fulfilment
- How to cultivate happiness

## Learning Outcomes

After completing the course, you will be able to:

- Understand what contributes to happiness
- Understand how happiness, or positive thoughts, changes the chemical connections in the brain and allows it to fight stress
- Understand how to nurture strength, resilience, and emotional health

## Institution

Creative Thinking Development - CRETHIDEV



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creative thinking development

# How to deal with anxiety and fear



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

Fear or anxiety results in the expression of a range of adaptive or defensive behaviours, which are aimed at escaping from the source of danger or motivational conflict. This module aims to help you cope with your day-to-day fears and anxieties.

Units covered in the module:

- How to differentiate between fear and anxiety
- Understand more about fears, phobias, what they are, what causes them, and what keeps them going.
- How to manage your fears.
- What is anxiety, and how is it manifested?
- Tips and strategies to overcome anxiety for personal growth

## Learning Outcomes

After completing the course, you will be able to:

- Understand emotions and their biological and psychological dimensions
- Realize how emotions such as anxiety and fear affect the mind and body
- Use self-control techniques to manage emotional reactions
- Identify strategies and methods to deal with anxiety and fear

## Institution

Creative Thinking Development - CRETHIDEV





# Practicing mindfulness “connecting” with nature



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

Natural environments elicit more significant calming responses and a general reduction of physiological symptoms of stress. Exposure to natural scenes moderates the negative effects of stress, enhancing positive emotions. Meditation in natural environments is superior to concentration meditation, as it allows natural stimuli softly and effortlessly to hold the attention to the present moment, even for inexperienced users.

Units covered in the module:

- The role of nature in coping with stress
- How nature affects mindfulness
- How Mindfulness using Nature-Based Practices (M-NBP) can help cope with stressful situations
- Individual actions to practice and use mindfulness in nature

## Learning Outcomes

After completing the course, you will be able to:

- Create enhanced focus, emotional regulation, and joy through connection with nature
- Understand how Mindfulness using Nature-Based Practices can help in coping with stressful situations
- Develop an action plan to apply mindfulness in nature practices

## Institution

Creative Thinking Development - CRETHIDEV



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creative thinking development

# Cardio indoor training



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This course introduces the system effects of cardio exercise. The program includes various cardio exercises such as running, cycling, swimming, brisk walking, dancing, or using cardio equipment like treadmills or elliptical machines. In the period of 4 weeks, every day, you will get different cardio exercises, and examinees will be ready to endure a one-hour training with different intensities.

Units covered in the module:

- Introduction to cardio training
- The importance of cardio training

## Learning Outcomes

After completing the course, you will be able to:

- Create your weekly practice, increase stamina and endurance
- Discover the effects of weight management and fat loss,
- Recognize how to reduce stress and improve mental well-being
- Improve the quality of sleep
- Identify and increase the level of energy
- Improve overall physical fitness

## Institution

Basketball federation of North Macedonia



# Strengthening physical health in nature



**Duration: 8 weeks**



**Workload: 8 hours**

## About the Course

This module focuses on the powerful connection between nature and physical activities. Participants will gain a deeper understanding of how adopting physical activities and engaging with nature can positively impact their overall well-being. Participants will explore the theories and models of nature-based physical activities and discover various green care practices.

Units covered in the module:

- Introduction to nature-based physical activities
- Various practical trainings with different units such as hiking, swimming, trail running, mountain biking, rock climbing, stand-up paddle boarding (SUP), outdoor yoga, Nordic walking, orienteering, and outdoor fitness classes

## Learning Outcomes

After completing the course, you will be able to:

- Being able to implement physical activities in nature
- Identify and discuss how the great outdoors can benefit the general population
- Demonstrate the multifaceted benefits of nature-based physical activities, encompassing physical, mental, emotional, and environmental dimensions
- Leverage the natural elements, such as forests, mountains, water bodies, and open spaces, to provide a unique and engaging experience

## Institution

Basketball federation of North Macedonia







# Tips and tricks for nutritious life



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This module is focused on proper dietary practice for consuming a balanced and nutritious diet to support growth, development and overall health. It involves understanding the nutrients the body needs, such as carbohydrates, proteins, fats, vitamins, minerals and water, and making informed food choices to meet those needs. By practising good nutrition, individuals can promote longevity, improve athletic performance, support immune system function, and improve overall quality of life.

Units covered in the module:

- Introduction to nutrition (importance and benefits)
- Balance diet - Optimal nutrient intake
- Nutritional label reading
- Healthy meal planning

## Learning Outcomes

After completing the course, you will be able to:

- Discuss the importance of adequate caloric intake
- Understanding the nutrients needed by the body, recognising carbohydrates for energy, and protein for muscle repair and growth, and developing the importance of hydration and weight management
- Design daily personal meal plan (timing of meals)
- Apply individualized approach

## Institution

Basketball federation of North Macedonia





# Stretching and mobility



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This module will introduce and show you how to use stretching and mobility exercises and their importance. Everyone who wants to explore their body and try the activity will have the opportunity to see them through a video that they can apply and use every day.

Units covered in the module:

- Introduction to work-related risk in the natural place
- Types of workplaces and identification of risks
- Assessment of the risks
- Controlling the risks
- Training and education in nature

## Learning Outcomes

After completing the course, you will be able to:

- Improved flexibility, increased joint range of motion, enhanced muscle coordination
- Be prepared for injury prevention, improved posture, and reduced muscle tension
- Be able to get rid of stress and know how to relax
- Discover and improve functional movement
- Understand mind-body connection
- Apply new perceptions of the practice

## Institution

Basketball federation of North Macedonia



# Engaging in physical activity while working



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This module is to prevent disorders typically develop over time due to repetitive motions, prolonged static postures, forceful exertions, or other ergonomic factors in the workplace.

Units covered in the module:

- Introduction to stretching and mobility (importance and benefits)
- Stretching and Mobility

## Learning Outcomes

After completing the course, you will be able to:

- Know how to recognize and prevent risk factors for work-related musculoskeletal disorder
- Assess and manage risks to ensure a safe and healthy working environment
- Identify and apply prevention strategies, safe manual handling techniques, work habits and self-care
- Practice setting priorities and managing personal time in a more efficient manner
- Create own daily routine on regular breaks

## Institution

Basketball federation of North Macedonia





# Boosting your energy levels through emotional intelligence



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This module focuses on fostering intelligent and sustainable energy management through the lens of emotional intelligence. Participants will gain a deeper understanding of the fundamental principles of emotional intelligence and its crucial role in personal and professional well-being. They will learn practical strategies for effectively managing emotions, mitigating stress, and achieving a healthy work-life balance.

Units covered in the module:

- Fundamentals of emotional intelligence and green care wellness
- Emotional management and work-life balance
- Emotional self-care techniques
- Effective communication and empathy in stressful work environments

## Learning Outcomes

After completing the course, you will be able to:

- Understand the concept of emotional intelligence and its significance in personal and professional well-being
- Apply emotional management strategies to cope with stress and improve work-life balance
- Explore self-care techniques to maintain sustainable energy levels
- Develop communication and empathy skills to foster healthy relationships and cultivate a supportive work environment

## Institution

INDEPCIE



# Green and mental behaviour change for stress reduction



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

In this module, participants will gain a deeper understanding of how adopting healthy behaviours and engaging with nature can positively impact their overall well-being. Through a series of training units' participants will explore the theories and models of behaviour change, discover various green care practices, and learn evidence-based strategies for managing stress and promoting long-term behaviour change.

Units covered in the module:

- Understanding behaviour change and its impact on mental well-being
- Exploring green care practices for well-being
- Strategies for behaviour change and stress management in the workplace
- Sustaining behaviour change and promoting well-being

## Learning Outcomes

After completing the course, you will be able to:

- Understand the principles of behaviour change and the impact of work-related stress on mental health
- Apply behaviour change strategies to incorporate green care practices into daily routines or work environments
- Identify barriers and challenges to sustaining behaviour change related to green care practices and work-related stress
- Support and motivate work environments that facilitate behaviour change, green care initiatives, and enhance mental health

## Institution

INDEPCIE



# Positive green mindset



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

The module is designed to address work-related stress and promote mental health. Participants will explore the concept of a positive green mindset and its profound impact on personal well-being, job satisfaction, and environmental management. They will learn practical techniques to develop and maintain a positive mindset, integrating sustainable practices into their professional lives.

Units covered in the module:

- Psychology of Positivity: Introduction to a positive mindset for mental health
- Correlation of work-related stress and negative thinking
- Fostering a positive green work environment
- Reprogramming your thinking through the Six thinking hats of De Bono

## Learning Outcomes

After completing the course, you will be able to:

- Understand the concept of a positive mindset and its significance for cultivating well-being in high-stress professions
- Analyse the impact of negative thoughts on work-related stress and job satisfaction
- Apply techniques to develop and maintain a positive and green mindset that integrates sustainable practices and promotes personal well-being in the workplace
- Formulate different mindsets and perspectives in dealing with challenging situations at work

## Institution

INDEPCIE





# Professional resilience and flexibility for success



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This module explores the concept of resilience and its relevance to work-related stress. Participants will examine the relationship between mental and emotional resilience and achieving work-life balance amidst adversities and opportunities. Additionally, participants will conduct a resilient SWOT analysis to identify personal strengths, weaknesses, opportunities, and threats for fostering resilience and personal growth.

Units covered in the module:

- What are resilience and its link to work-related stress
- Mental and emotional resilience in work-life balance: adversities vs. opportunities
- Integrating green practices for stress tolerance and resilience
- Working on my own resilient SWOT analysis

## Learning Outcomes

After completing the course, you will be able to:

- Understand the concepts of resilience and flexibility and their significance in navigating challenges and stress in high-stress professions
- Develop mental and emotional resilience and flexibility skills through green care practices for adapting to change and managing personal and professional setbacks
- Apply strategies for integrating green practices to enhance stress tolerance and resilience in the workplace
- Appraise a resilient and flexible work environment that supports individual and collective success

## Institution

INDEPCIE



# Social and green (re)connection



**Duration: 4 weeks**



**Workload: 4 hours**

## About the Course

This module focuses on developing personal and professional well-being through training in social identity and connection, thus creating increased satisfaction in the workplace and beyond. Participants will address social anxiety and reflect on their social contacts through green practices, reconnecting with themselves, their relationships, and nature, thereby stimulating a decrease in work-related stress.

Units covered in the module:

- Social identity and mental health: benefits and risk factors
- Managing social anxiety and work-related stress
- Cultivating meaningful and sustainable relationships through Green Care initiatives in the workplace
- Staying socially connected in the digital age

## Learning Outcomes

After completing the course, you will be able to:

- Differentiate healthy and nurturing social settings from disruptive and harmful ones
- Create strategies to manage social anxiety and improve communication patterns to cultivate and maintain meaningful relationships and healthier social environments
- Examine the influence and significance of social relations in one's personal and professional life through green care wellness
- Design supportive and connected work environments to promote social sensitivity and empathy

## Institution

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## JOIN THE GREEN CARE WELLNESS PROGRAM

