

Syllabus:

SPD 115 Self-Care

Course Overview

Course Instructor

Name	Rev. Eliasa Sabogal, MSW
Virtual Office Hours	By appointment
Telephone/Text	(816) 679-9242
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Response Time Policy	Within 24 – 48 hours

Course Description

Self-care involves making choices that reflect a consciousness of well-being. As we become aware of the care of our mind, body, and spirit, we discover that when we are our best self, we make contributions to our family, our communities, and our world consciously.

This course will provide guidelines and action plans for instilling practices of self-care in the areas of awareness, mindfulness, setting boundaries, letting go, forgiveness and self-love. The class will be both reflective and interactive as we build self-awareness and share what works in applying self-care practices into daily life. We will identify how to use this foundation in times of stress and chaos as well.

Course Learning Objectives

Upon completion of this course, learners will be able to:

- Clearly articulate the benefits of self-care, including ethical considerations.
- Differentiate and attend to the various dimensions of self-care.
- Demonstrate a priority for self-care on multiple levels of wellness.
- Recognize and self-correct old patterns of unhealthy choices, thoughts, and words.
- Incorporate self-compassion and self-care techniques to soothe and support movement through difficult life circumstances.
- Make choices to shift energy in healthy and life-enhancing ways.
- Make requests from significant others to support desired shifts in consciousness.

Required Text/Readings

- Gobin, Robyn L. 2019. *The Self-Care Prescription: Powerful Solutions to Manage Stress, Reduce Anxiety, and Increase Well-Being*. Emeryville, CA: Althea Press.

Live Collaborate Class Sessions

Mondays, 6:30 pm to 8:00 pm. All times Central Time (CT) Zone

April 2024

- April 15, 2024
- April 22, 2024
- April 29, 2024

May 2024

- May 6, 2024
- May 13, 2024
- May 20, 2024
- May 27, 2024

June 2024

- June 3, 2024