

ASSIGNMENT SESSION 2

SELF CARE PRACTICES

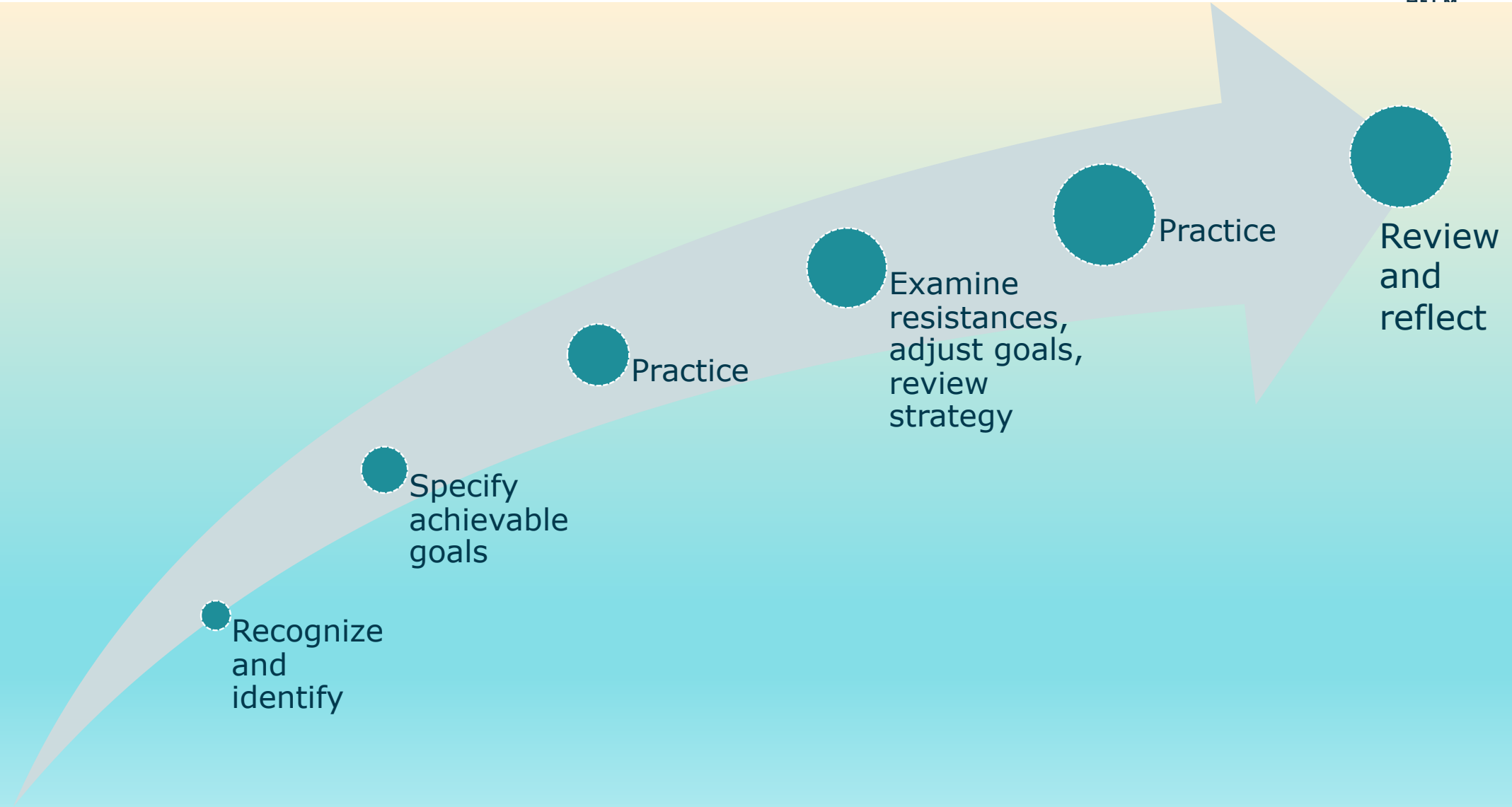


UNIVERSITIES
SOUTH AFRICA
HELM

Intentional change:



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SOUTH AFRICA
HELM



4-step model for self-care practices...



UNIVERSITIES
SOUTH AFRICA
HELM



Self Care Practices: Week 1

Friday: 10 September 2021



UNIVERSITIES

Friday

- Cognitive
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:
- Behavioural
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:

Self Care Practices: Week 1

Monday: 13 September 2021



UNIVERSITIES

Monday

- Cognitive
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:
- Behavioural
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:

Self Care Practices: Week 1

Wednesday: 15 September 2021



UNIVERSITIES

Wednesday

- Cognitive
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:
- Behavioural
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:

Self Care Practices: Week 1

Friday: 17 September 2021



UNIVERSITIES

Friday

- Cognitive
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:
- Behavioural
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:

Self Care Practices: Week 1

Monday: 20 September 2021



UNIVERSITIES

Monday

- Cognitive
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:
- Behavioural
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:

Self Care Practices: Week 1

Wednesday: 22 September 2021



UNIVERSITIES

Wednesday

- Cognitive
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement:
- Behavioural
 - Intention:
 - Action:
 - Barrier/Enabler:
 - Achievement: