

# Self-Paced Online Course

## ***Strength Through Crisis: How to Identify and Nurture Wellness in Five Core Areas of Life***

How does crisis impact my body? My finances? My relationships? My career? Facing these difficult questions can leave us feeling physically weak, emotionally vulnerable, and lacking in hope. Our attempts to navigate from the chaos of crisis into a new normal is a process that has the potential to deplete all areas of our lives. The good news is that not only is personal balance and strength attainable — even in and through crises — but as we nurture it, we will find ourselves maximizing our impact in our scope of influence.

This class guides participants through the five areas of wellbeing: physical, occupational, emotional, financial, and spiritual. Not only does the workshop empower participants with a mandate for self-care, it offers a template with practical, actionable strategies to achieve and maintain wellness in each of the five core areas of well-being. One of the most loving things we can do for those depending on us is to offer them the best version of ourselves. Come. Nurture wellness. Grow strength.

### **Learning Objectives: Participants will...**

1. Understand wellness defined in each of the five core areas.
2. Complete the 50-item Wellness Inventory and graph the resulting data to gain a visual representation of how well their life wheel is balanced.
3. Implement practical strategies to grow wellness in each of the five areas of wellbeing.
4. Recognize and avoid the traps of change dynamics.



We recommend that you find a time that's good for you — about 20 minutes the same time each week to view the content.

For more information and a proposed course schedule go to the [Indiana IEP Resource Center website](https://www.indianaieprc.org).

