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**Erasmus+ Small-scale partnerships in vocational education and training**

# Bridge4Mothers

**2025-1-DE02-KA210-VET-000359232**

# PSL Programme — Personal, Social and Learning-to-Learn Competences

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# Self-Care Guidance Resource

# Supporting Emotional Wellbeing

**Self-Care Can Include:**

- rest and relaxation,
- healthy routines,
- physical activity,
- positive social connection,
- reflection,
- and asking for support when needed.

**Emotional Resilience Includes:**

- recognising emotions,
- adapting to challenges,
- managing stress positively,

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- and practising self-compassion.

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