Bridge4Mothers
PSL Programme — Personal, Social and Learning-to-Learn Competencies

MODULE 3
Healthy Wellbeing & Routines

BRIDGE 4 MOTHERS

Co-funded by the European Union

Topics Covered

Wellbeing grows through realistic routines, balance and daily self-care.

1. **Wellbeing**
   Understanding personal needs and balance
2. **Balance**
   Work-life-learning responsibilities
3. **Stress**
   Managing pressure and emotional fatigue
4. **Routines**
   Healthy daily habits that support energy
5. **Time**
   Planning priorities and flexible schedules
6. **Self-care**
   Protecting physical and emotional wellbeing
7. **Boundaries**
   Saying no and protecting time
8. **Recovery**
   Rest, reflection and long-term wellbeing

The aim is to help participants build routines that are healthy, realistic and sustainable.

Introduction to Wellbeing

Wellbeing means caring for your body, emotions, relationships and daily energy in a balanced way.

- Wellbeing is more than the absence of stress; it includes energy, balance, support and recovery.
- Small daily habits can improve mood, focus and confidence over time.
- Healthy routines should be realistic, flexible and adapted to everyday responsibilities.
- Participants are encouraged to recognise needs before choosing goals or actions.

Notice • Balance • Sustain

Understanding Work-Life-Learning Balance

Balance means organising responsibilities while protecting wellbeing and learning needs.

Key areas

1. **Work**
   Tasks, deadlines and professional expectations require focus and planning.
2. **Family**
   Care responsibilities and household needs can affect time and energy.
3. **Learning**
   Training, digital skills and personal development need space and confidence.
4. **Self**
   Rest, emotions and personal needs must be part of the plan.

Balance tools

Prioritise

Choose what matters most today, not everything at once.

Share

Ask for help or divide responsibilities when possible.

Simplify

Reduce tasks into smaller, more manageable actions.

Review

Adjust routines when circumstances or energy levels change.

Balance is flexible; it changes with your needs and responsibilities.

Managing Responsibilities & Stress

Stress often increases when responsibilities feel unclear, urgent or too many at once.

Stress signals

1. **Overload**
   Too many tasks can reduce patience, focus and motivation.
2. **Rushing**
   Constant hurry can make decisions and communication harder.
3. **Uncertainty**
   Not knowing what comes next can increase emotional pressure.
4. **Isolation**
   Trying to manage everything alone can increase fatigue.

Helpful responses

Pause

Take a short moment before reacting or deciding.

List

Write down tasks to reduce mental pressure.

Choose

Select one realistic next step.

Support

Ask for information, clarification or practical help.

Managing stress starts with noticing pressure early.

Recognising Emotional & Physical Fatigue

Fatigue can affect the body, emotions, thinking and relationships. Recognising it early helps prevent burnout.

- Physical signs may include tiredness, headaches, tension or changes in sleep.
- Emotional signs may include irritability, sadness, worry or feeling overwhelmed.
- Mental signs may include difficulty concentrating, forgetfulness or reduced motivation.
- Behavioural signs may include withdrawal, avoidance or impatience with others.
- Respond with rest, support, reduced demands and realistic expectations.

Notice • Reduce • Recover

Healthy Daily Routines

Routines create structure and make wellbeing actions easier to repeat.

Daily routine ideas

1. **Morning**
   Drink water, eat breakfast and identify one priority.
2. **Midday**
   Take a short break, move your body and check your energy.
3. **Evening**
   Prepare for tomorrow and reduce screen time before sleep.
4. **Weekly**
   Review what worked and adjust your routine gently.

Make routines realistic

Start small

Choose one habit instead of changing everything.

Link habits

Connect a new habit to something you already do.

Allow flexibility

Plan for difficult days and interruptions.

Celebrate

Notice progress even when it feels small.

A routine is supportive when it helps you, not when it pressures you.

Time-Management Strategies

Time management supports wellbeing when it protects priorities, energy and recovery.

Practical strategies

1. **Top three**
   Choose three key priorities for the day.
2. **Time blocks**
   Group tasks into realistic periods with breaks.
3. **Small steps**
   Break large tasks into clear actions.
4. **Buffer time**
   Leave space for delays, family needs and rest.

Wellbeing choices

Delegate

Share tasks when others can contribute.

Postpone

Move non-urgent tasks to another day.

Say no

Protect time from unnecessary pressure.

Reflect

Ask what helped and what can change tomorrow.

Time management is not doing more; it is choosing wisely.

Self-Care & Healthy Boundaries

Self-care and boundaries protect energy, confidence and emotional balance.

Self-care includes

1. **Rest**
   Allow time for sleep, quiet and recovery.
2. **Nutrition**
   Eat regularly and drink enough water.
3. **Connection**
   Speak with people who support and encourage you.
4. **Enjoyment**
   Include small activities that bring calm or pleasure.

Healthy boundaries

Protect time

Make space for priorities and recovery.

Communicate

Say needs clearly and respectfully.

Limit overload

Reduce commitments when capacity is low.

Ask for help

Support is part of wellbeing, not failure.

Looking after yourself helps you care, learn and participate more fully.

Long-term wellbeing is built through small, realistic routines that respond to personal needs and daily responsibilities.

1. What wellbeing goal is realistic for me this week?
2. What personal need do I need to recognise today?
3. What routine can I sustain without adding pressure?

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