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Erasmus+ Small-scale partnerships in vocational education and training

Bridge4Mothers

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

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Supporting Work-Life-Learning Balance

Healthy Balance Can Include:

- realistic expectations,
- flexible planning,
- rest and recovery,
- asking for support,
- and protecting personal wellbeing.

Self-Care Includes:

- emotional wellbeing,
- physical wellbeing,
- relaxation,
- reflection,
- and healthy daily routines.

Small changes can contribute to stronger wellbeing over time.

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