



## Mental, Emotional & Spiritual Wellness

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### Summary

The value of focused 'meditative' and wellness practices are explored through readings, exercises, research & practical videos including: Mindfulness Meditation; Acceptance & Commitment skills; Loving/ Kindness Meditation; Gratitude & Wellness; Consciousness & Yoga; Qi-gong & Tai-chi; the power of positive affirmations.

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### Duration

**24 hours**

(12 contact hours & 12 hours self-directed learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this course. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research, assignments and activities.

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### Learning Outcomes

By the conclusion of the subject, you should be able to:

1. Understand the importance & value of the following focused meditative & wellness practices through research, teachings and exercises and videos:
    - Mindfulness Meditation
    - Loving/Kindness Meditation
    - Gratitude and Wellness Practices
    - The Power of positive affirmations
  2. This subject is a compelling, fruitful & fulfilling study in the above practices guaranteed to make lasting beneficial changes when incorporated into ones life on a regular basis.
  3. Explain the science behind these beneficial practices
  4. Learn to apply which practices would suit your client and why.
  5. Learn to successfully perform these practices and motivate your client to incorporate practices
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### Assessment

Our assessments are designed to make your learning experience both engaging and inspiring. They also help consolidate what you've learned. Assessment quizzes are open book and held online.

This subject is assessed via the following:

- 1x end-of-term quiz
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### **Pre-requisites**

Nil

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### **Resources**

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

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### **Compulsory Textbooks**

Nil

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### **Content**

- Introduction
- Gratitude
- Meditation
- Positive Affirmations
- Creative Visualisation
- EFT Tapping
- Sleep & Physical Activity

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### **Certificate of Completion**

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.

If you are completing the subject as part of a Course Program you will receive your Credentials upon completion of the entire Course Program.

\*If you are learning for personal growth, you may elect not to participate in the assessment please notify us by emailing [info@naturecare.com.au](mailto:info@naturecare.com.au)