

# Approaches from Positive Psychology

Parents are dealing with so many new challenges and changes due to the Covid 19 crisis. Between juggling the demands of home-schooling, working from home and looking after everybody else's needs, self-care so often goes to the bottom of our lists. Yet it has never been more important to prioritise well-being and discover ways to nurture our resilience. The field of Positive Psychology (the science of well-being) can offer parents many skills and strategies to help to develop the resilience needed at this time, so that we feel strong and equipped to face current challenges. This webinar will present practical ideas and suggestions for self-care and wellness from the field of Positive Psychology.

## Wellness for Parents

### Learning Outcomes:

That participants will:

- \*Review the challenges that parents are facing due to Covid 19
- \*Understand why it is vital to prioritise well-being and resilience at this time
- \*Gain an understanding of Positive Psychology as the science of well-being
- \*Be able to use skills from Positive Psychology to nurture well-being and resilience on a personal level

**Skills and Strategies to Support Parents**

**Tuesday 2nd March 2021 @ 7.30 p.m.**

**Register for Webinar: [www.galwayec.ie](http://www.galwayec.ie)**