

Title of course: **How to Feel Better? Workshops on Self-care and Self-regulation**

Lecturer: dr Marta Mikołajczyk

Teaching language: English

Course description:

During the workshop we will search for and test various activities that improve our well-being and the way we perceive ourselves. We will discuss/practice the following topics: strengths, regulating emotions (including relaxation), self-esteem, healthy habits, mindfulness. To this course I invite students who are ready to experience and get to know themselves. In order to pass the workshop students will be asked for preparing one activity for the group on the topic of self-care.

Pass with grade