

# Well-being and Recovery, Research-Based Soft Skills Learning

## Course Specifications

Course Number: AOB76–004\_rev1.0

Course Length: 4h 52min

## Comprehensive well-being from mind to body

Well-being and recovery often focus on the physical aspects. However, humans are psychosomatic beings, meaning physical and psychosocial stress are deeply interconnected. In this framework, brain recovery skills play a significant role. The foundation of these skills lies in sleep, nutrition, and exercise. Alongside these, mental energy takes on a significant role, comprising, according to research, over half of our total energy. Therefore, supporting physical well-being alone is not enough—well-designed well-being and recovery tutorials enhance a person's overall well-being as a whole.

## What can an individual do for their well-being and recovery?

An individual can use various methods to enhance their well-being and support recovery. They can work on improving their stress management skills, maintain their mental energy levels, develop habits that support brain health, adopt healthy lifestyle practices (such as sleep, nutrition, and exercise), and strengthen their ability to manage, express, and take responsibility for their emotions.

## Why organizations should invest in well-being and recovery?

A knowledge worker's most valuable asset is their brain. It's crucial to take care of this resource, especially as it faces the constant bombardment of accelerating information flows. Work life increasingly demands handling complex tasks and large-scale projects. It's no surprise that protecting mental energy has become one of the greatest well-being challenges in the information age. Professionals and leaders must identify energy leaks and address them, find ways to recharge and release energy, and safeguard against overloading.

Taking care of brain recovery and protecting mental energy yields numerous benefits:

- Reduced absenteeism.
- Improved mental health.
- Enhanced productivity in a humane way.

## Well-being and Recovery Tutorial Package enables genuine changes to well-being

The Well-Being and Recovery Tutorial Package is designed to bring about real change in the well-being and recovery skills of professionals and leaders.

We develop these skills through researched knowledge, microlearning, and reflection:

- Researched-based content ensures the effectiveness of the lessons learned.
- Microlearning content fit even the busiest schedules.
- Reflection puts learning into practice—your team engages in self-reflection and shared reflection to consider what emotions the tutorial evokes, what the skills mean to them, where they can be applied, and how to successfully integrate these skills into their work.

This approach fosters genuine change—your team will take better care of their well-being and recovery. Through the content and reflection, it's also possible to develop brain-friendly work practices at the individual, team, and organizational levels.

## **Well-being and Recovery Tutorial package: tools for leaders and professionals**

The Well-Being and Recovery Tutorial Package equips professionals and leaders with tools to enhance their own well-being and recovery. The package is designed to support the adoption of healthy lifestyle habits, protection of mental energy, development of stress management skills, and the step-by-step building of comprehensive well-being.

### **Well-being and Recovery Tutorial package includes the following tutorials**

#### **Everyday Mind Skills, Smart-Tutorial (1h)**

This tutorial will help you identify, accept, and express your own feelings. By practicing, you will learn to control your feelings and take responsibility for them. Remember that every experience and knowledge is important! At the same time, you gain an understanding of yourself as well as others around you.

#### **Improve Your Recovery Skills, Smart-Tutorial (1h)**

In this tutorial, you will learn methods and processes to develop your recovery skills! Recovery divides into two: physical and mental – body and mind. Most of us know what physical recovery processes there are: sleep, nutrition & exercise. But do you know how to recover mentally? And what about short-term and long-term recovery, do you work continuously on maintaining your energy?

#### **Psychology of Weight Management, Smart-Tutorial (1h)**

Whether your goal is to lose weight or not, with this tutorial you will gain useful information and psychological skills you can utilize in your everyday life. This training focuses on adopting the psychological basic skills of weight management. They are skills with which you can regulate your behavior, not only in weight management but also in other areas of your life.

#### **Sleep Better in Five Weeks, Smart-Tutorial (1h)**

Sleep is the cornerstone of recovery! This tutorial focuses on improving your ability to fall asleep, as well as your sleep quality. Through coaching, you will learn to make simple but effective changes to your sleep-related routines. Pick up effective and easy methods to improve your sleep that you can implement right away.

**Practical Mindfulness, Smart-Tutorial (45 min)**

With this short coaching, you will learn the basics of mindfulness and get off to a good start in practice. You will notice the effects on your ability to concentrate or your mood in just a few weeks! Through the exercises, you will learn to calm yourself down in any situation. With regular exercise, you can make a significant impact on your own body, mind, and experiences.

**More Energy with Recovery Techniques, Quick-Tutorial (7 min)**

The toll life takes on us has gone from physical to psychological. That's why it's important to pay attention to your recovery. This video goes through the basics of your recovery: which things affect your energy levels and how could you easily improve your recovery? Psychological recovery comes by fulfilling the five basic needs: encounters, engagement, meaning, achievement and pleasure.