HEAL 308 Self-Care and Well-being In the Digital Age

MICROCREDENTIAL AWARDED TO

RICHARD ARMAH HAMMOND JNR

ALTHASH UNIVERSITY

Specific Learning Objectives:
Identify common stressors in the technology sector and analyze their impact on well-being (Analysis). Apply effective stress management techniques to enhance resilience and reduce burnout (Application). Develop time management and productivity strategies to improve work-life balance (Synthesis). Design an ergonomic workspace to promote physical health and prevent injuries (Synthesis). Evaluate the role of exercise, nutrition, and sleep in maintaining overall well-being (Evaluation). Implement mindfulness practices to reduce stress and enhance focus and clarity (Application). Assess personal emotional intelligence and develop strategies to improve it (Evaluation). Establish healthy boundaries with colleagues and clients to maintain productivity and well-being (Application). Create a tailored self-care plan that addresses individual needs and preferences (Synthesis). Analyze the importance of social connections for well-being and stress management (Analysis). Develop strategies to build and maintain a professional support network within the technology sector (Synthesis). Participate in technology-focused communities and organizations for personal and professional growth (Application). Reflect on personal self-care practices and strategies to adapt them to changing circumstances (Evaluation).

In partial fulfillment of the requirements for the nanodegree of

Blockchain Studies (CSC - BSTUD)

(4.5 Clock Hours) (80% Passing Score)

22 Mar 2024

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