

FAMILY & HUMAN SERVICES

Inside Out: Habits & Well-being



In this brand new course you will learn about the connection between our daily habits and our overall well-being. We will also study self-concept, effective communication, healthy relationships, addictive behaviors, mental health disorders and protective laws and rights of patients and practitioners.

*This course is not designed for the student to diagnose themselves, friends, family or others.

10-12

0.5 CTE/Elective Credit

**THE ART OF TAKING CARE OF
YOURSELF AND OTHERS**