



The Resilient Caregiver: Finding Balance and Ease in a Time of Uncertainty

A webinar

Wednesday, April 8, 2020 – 9:30 – 10:30 a.m.

Feeling Stressed? Worried? Stretched thin? We know.

Are you wondering how you can keep caring for others when you are feeling this way? We hear you. Let us help.

Catherine Duncan is a board-certified chaplain, spiritual director, minister and certified in a range of healing modalities including neuroplasticity. She has a wealth of experience helping people through situations like this.

Join this free, one-hour webinar and find some resources to help reduce your stress, calm your mind and body, and increase your resilience so you can continue to do what you do so well – caring for others.

Purpose

This program is designed to equip caregivers with the knowledge and skills they need to take care of themselves so they can better serve those who depend on them.

Content

- Know how to become more resilient while creating peace and ease in your life.
- Explore stress, health and the healing benefits of paying attention to your body, mind and heart.
- What is neuroplasticity? Learn how you can “rewire” your brain to slow down negative messaging that can overwhelm you.
- Understand how neuroplasticity increases self-compassion and self-care.
- Experience a breath exercise, the practices of meditation and mindfulness, and the healing benefits of body movement so you can de-stress, rather than distress.

Presenter



Catherine Duncan, MA, BCC, is an Integrative Spiritual Consultant. She works with Mn Personalized Medicine and has her own private practice Learning to Live™ LLC in Minneapolis. She has served as a spiritual care provider with Fairview Home Care and Hospice, HCMC, and Good Samaritan. Catherine is passionate about whole person healing with a focus on emotional and spiritual health.

Registration

There is no cost to participate in this LeadingAge Minnesota webinar. It is a benefit of membership. Please [click here](#) to register to participate.

After registering, you will receive a confirmation email containing information about joining the webinar. A handout will also be provided. CEUs are not available for this webinar.

Questions: Contact Ashley Rogers arogers@leadingagemn.org.