Caretaking for the Caregiver

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Caring for a loved one whether adult or child strains even the most resilient people. Since caretaking can be physically and emotionally draining, it is essential to remember to recharge your batteries. Otherwise, over time, caregiver stress can lead to burnout marked by irritability, fatigue, problems with sleep, weight gain, feeling of helplessness or hopelessness, and social isolation. This workshop provides quick and simple self-care tips that easily integrate into your daily schedules.

Monday, May 24, 2021
11:00 am ~ 12:00pm
https://princeton.zoom.us/

j/91604732202

Questions? 609-258-5772 or linn@princeton.edu

Everyone welcome!