

Resiliency for People Living with Neurologic Illness

Resiliency for People Living with Neurologic Illness* is a **live-online program of eight weekly 60-minute classes**. In each class, you will learn **evidence-based skills** to help make your self-care sustainable.

Teaching methods include brief lecture periods mixed with experiential exercises. You will also have opportunities to speak with others in structured break-out groups (pairs or triads) as well as in the larger group.

Each class will have its own theme and the opportunity to practice new skills in a safe place, so that they're more available during the days ahead. Themes include:

- Attentional balance and grounding
- Repertoire of stress responses and meeting difficult emotions
- Positive intention-setting
- Mindful self-compassion
- Challenging relationships
- Re-framing chronic sorrow
- Balance and growth in adversity
- 'What works for me?' -- wellness practice journals to cultivate a positive mindset

* Any serious illness that impairs neurologic function, such as Parkinson's Disease, stroke, traumatic brain injury, brain tumors



Judy Long is a palliative care chaplain and educator at UCSF with a deep commitment to care for people living with neurologic illness, based on her experience in neuro-palliative care in hospital and hospice chaplaincy and facilitating grief and family caregiver support groups.

Class Schedule:

Online 8 Week Course

Mondays, 10:00 – 11:00 AM PDT

January 9 - March 13, 2023

No class on January 16 & February 20

Limited to 16 participants.



To Register: <https://resiliencywinter2023.eventbrite.com>

Or email: gayle.Kojimoto@ucsf.edu or call 415.509.8645



MERI Center
for Education in
Palliative Care
at Mt Zion

meri.ucsf.edu