

# Sustainable Caregiving: Resilience for Care Partners of Those Living with Chronic Serious Illness

**Sustainable Caregiving: Resilience for Care Partners of Those Living with Chronic Serious Illness** is a live, online program of eight, weekly 90-minute classes. In each class, you will learn evidence-based skills to help make your caregiving sustainable and reduce burnout.

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 accessible. Themes include:

- Attentional balance and grounding
- Positive intention setting
- Repertoire of stress responses
- Meeting difficult emotions
- Mindful self-compassion
- Challenging relationships
- Patients' concerns around "being a burden"
- Re-framing chronic sorrow
- Balance and growth in adversity
- 'What works for me?' - Cultivate a positive mindset

Participants will receive a Wellness Journal.



Judy Long is a palliative care chaplain and educator at UCSF with a deep commitment to care for caregivers, both family members and clinicians, based on her experience in hospital and hospice chaplaincy and facilitating grief and family caregiver support groups.

This is an interactive online course. You can join from your computer (with a webcam) or smart device (iPhone/iPad/Android device) using the Zoom Cloud Meetings application.

## **8-Week Course:**

**Thursdays, July 2 – August 27, 2020**

*No class on 7/23*

## **To Register:**

<https://sustainablecaregiving.eventbrite.com/?aff=flyer>

or call 415.509.8645

[meri.ucsf.edu](http://meri.ucsf.edu)

Questions? Call 415.509.8645 or email: [gayle.kojimoto@ucsf.edu](mailto:gayle.kojimoto@ucsf.edu).