



Caregiver Resource Network

Mindful Self-Compassion for the Caregiving Journey

Wednesdays - April 5, 12, 19, 26, 2017

1:30 pm – 3:30 pm

Mindful Self-Compassion is the practice of offering kindness to yourself in the midst of difficult experiences. It provides a foundation of emotional strength and resiliency. With self-compassion, you will begin to motivate yourself with encouragement, forgive yourself when needed, accept your shortcomings, and care for others while caring for self. Research shows when caregivers practice self-compassion, they experience increased emotional well-being, lower levels of anxiety and depression, more satisfaction in personal relationships and are more able to sustain healthy habits such as diet and exercise. Learn how to:

Practice self-compassion in daily life

Practice the art of savoring and self-appreciation

Handle difficult emotions with greater ease

Motivate yourself with kindness rather than criticism

Speaker: April Hadley, MSW, Mindfulness Based Stress Reduction Instructor
Grand Rapids Center for Mindfulness

Location: Area Agency on Aging of Western Michigan
3215 Eaglecrest Drive, NE, Grand Rapids, MI

RSVP: Registration is required. Email registration@aaawm.org or call 616-222-7032. A \$5.00 suggested fee per class is payable at door. Maximum class size is 20 people. Register soon. Please make sure you can attend all four classes before registering; recognizing of course, that emergencies can arise after the classes start.

Questions: Call 616-222-7032 or email registration@aaawm.org



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