

# Taking Care of Yourself While You Care for Others

Caring for yourself is one of the most important things you can do as a caregiver. But often, caregivers prioritize the needs of others over their own. In this webinar, Laura Jackson, a registered nurse and healthcare leader will identify ways to care for yourself. You will learn:

- The art and science of self-compassion and how to cultivate it in your life
- Tips for making and developing your own routine to practice self-compassion and mindfulness
- How to foster boundaries as a caregiver without guilt, anger, and resentment

**Our Speaker:** Laura Jackson RN, BScN, MN, CPMHN(C), NBC-HWC is a caregiver, healthcare leader, mental health, and self-care advocate. She has worked in various roles, including as a health and lifestyle coach, mindfulness, yoga and self-compassion facilitator, wellness leader, healthcare administrator and professional practice clinician. She currently works in mental health as well as maintains a private wellness practice.



**Date:** Thursday, July 13th, 2023

**Time:** 12 to 1 p.m. ET

**Place:** Zoom (link provided via email to those who register)

**Cost:** Free

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