



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUPPORT YOUR WELLNESS

Mondays: February 6, 13, 20, 27
Altru Outreach Therapy Room
11:00 - 11:55 am
FREE



CARE FOR THE CAREGIVER WORKSHOP

A four-part workshop in which participants will explore the importance of self-care. We look at practices and frameworks that can help support our own wellness so that we, in turn, can share that with others. Finding balance in our life and creating healing environments in our surroundings can help to reduce the incidence of compassion fatigue and burnout which is so commonly seen in caregivers. Prevention is the key!

Part 1: "Its all about me"

Identify benefits of consistent self-care activities.
Describe causes of stress and learn techniques to diminish the effects.
List the benefits of true relaxation.

Part 2: Expanding Our Wellness To Assist Others

Describe how our level of wellness can influence others.
Identify 4 components of a framework reviewed in class that can assist to strengthen interpersonal relationships.
Discuss the benefits of forgiveness/letting go in our wellness journey.

Part 3: Creating a Healing Environment

Identify environmental factors that can support the healing process.
List 3 interventions to help reduce chaos in the environment.
Discuss the importance of following natural rhythms in creating a healing environment.

Part 4: "Pulling it all together"

Describe how healthy routines can assist in maintaining wellness.
List ways to embrace change and minimize disruption.
Identify actions we can take to conserve energy.

Instructor: Nan Cicha, RNC, WHCNP, CHTP/I is a Nurse Practitioner with a strong clinical background in preventative health. Nan has a Certificate in Herbal Therapy from Normandale College and continues to study and research herbal and other holistic methods through the Midwest School of Herbal Studies. She is a Certified Kripalu Yoga Instructor teaching classes for both adults and children. Nan provides consultation services and teaches several ongoing wellness classes in the community and surrounding area. She is a member of Healing Beyond Borders, The American Holistic Nurses Association, Kripalu Yoga Teachers Association, and the North Dakota Society of OBGYN, Altru Health System.