



Dr. Jane A. Simington, PhD

Nurturing Self During Times of Caregiving

Being a care-giver can offer immense opportunities to be of service, and offer love and support. This very attitude of goodness, coupled with the depth and closeness of your relationship, and the ongoing grief being endured, can create circumstances ripe for compassion fatigue and burnout.

During this two-hour presentation Dr. Jane Simington will help you:

- 1) Fully recognize the benefits, as well as the burdens of your work.
- 2) Examine ways to prevent compassion fatigue and burn-out, so you can continue to offer quality care-giving.
- 3) Discuss ways to recognize and manage the grief responses you may be experiencing.
- 4) Explore ways to build resilience, sustain hope, and increase the moments of joy so you can feel more fulfilled in life.

Articles written by Dr. Jane Simington on similar topics include:

Living Life on Purpose: Gaining Independence from Burnout
<http://drjanesimington.com/learning/living-life-on-purpose-gaining->

Hope Helps Dreams Take Flight (March 2104)
<http://drjanesimington.com/grief/hope-helps-dreams-take-flight/>

Canada Geese: Symbolic Messages of Watchfulness and Love (June 2015)
<http://drjanesimington.com/learning/canada-geese-symbolic-messages-of-watchfulness-and-love/>