



ESSENTIAL-SELF CARE FOR THE CAREGIVER

"Life isn't about waiting for the storm to pass...it's about learning to dance in the rain."

Caregiving for someone with a mental illness or a dual diagnosis requires a lot of time and energy. Often it comes with ongoing stress and worry about "what might happen next." Over time, the chronic stress of caregiving can lead to exhaustion and eventually fatigue. It takes a toll on our overall health and well-being. Learning how to manage chronic stress experienced by caring for a child, adolescent, or family member is necessary to support our well-being. Developing an Essential-Self Care Practice can help us learn to do just that.

As a caregiver, we must be adequately prepared, resourced, and supported to ensure family health and well-being is sustained over time. Learning how to take care of ourselves is essential to provide quality care to those we love. So why does it feel selfish to take time for ourselves? Although we'd never ignore the needs of our loved ones we routinely ignore our own needs. We want our loved ones to be OK but fail to remember that means we must be OK too.

IN THIS WORKSHOP YOU'LL EXPLORE WHY IT'S SO HARD TO CARE FOR ONESELF AND LEARN WAYS TO OVERCOME THE RESISTANCE TO SELF-CARE. YOU'LL HAVE AN OPPORTUNITY TO PRIVATELY ASSESS YOUR CURRENT LEVEL OF SELF-CARE, IDENTIFY WHERE YOUR GAPS ARE AND LEARN MINDFUL PRACTICES THAT CAN BE USED ON A DAILY BASIS TO IMPROVE YOUR PRACTICE OF SELF-CARE.



TOGETHER CENTER
GARIBALDI CONFERENCE ROOM
16315 NE 87th Street
Redmond, WA 98052



APRIL 22ND, 2017



10 AM - 4 PM
LUNCH IS PROVIDED

Space is limited!
Register with Megan



 425 885-6264

 Megan@NAMI-Eastside.org

 **NAMI** Eastside
National Alliance on Mental Illness

About Dr. Butterfield

Dr. Brenda S. Butterfield is founder of Our New Experience (ONE), LLC in Redmond, WA. She has been a mental health professional for nearly 30 years serving children, youth, family, and communities in the US and internationally. In addition, she is an award winning instructor at the University of Minnesota. Her professional work has always been challenging and rewarding but her greatest learning and satisfaction continues to come from being an adoptive and biological mom of two children.

Lived experience has taught Dr. Butterfield about the necessity of developing an Essential-Self Care Practice, by recognizing, surviving and eventually befriending mental illness in her own family. Her daily mindful practice continues to teach her how to recognize life's challenges as invitations to develop full human potential.

No cost for participants - This is made possible with a grant from Eastside Community Aid Thrift Shop & Together Center Sponsorship