



# SELF-CARE FOR FAMILY CAREGIVERS

Mon, Oct 18th | Anita Papp | 7:00-8:30 PM | Online

This Public Lecture will provide **insight** on why caregivers struggle with self-care and the serious, **negative consequences** this can have not only on their **physical** and **mental health**, but also on their ability to care for their ill loved one.

Key to self-care is **putting oneself first**. But what this means in practice can seem at best, unclear, and at worst, impossible. Participants will learn how to start this process with **practical steps** they can take to understand and acknowledge their **feelings** and **needs** as well as how to change their mindset. Examples of **what counts** as self-care will also be explored, as will how to **self-soothe** after aggressive behaviour from an ill loved one.

### About Anita Papp

Anita focuses on teaching the importance of **mindset**, **self-awareness** and **building** the best possible **relationship** with yourself. Surviving breast cancer propelled Anita to want to help others create **guilt-free**, **joyful** and **fulfilled lives**. Her core message is that you don't have to deal with life-threatening illnesses or wait for other hardships before you learn to love and appreciate yourself.

There will be an opportunity to ask Anita questions at the end of the lecture.

The lecture and the **Q&A** will last 1.5hrs in total.

<https://pathwayssmi.org/education/public-education-lecture-series/>

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