



From Surviving to Thriving: Self-Care and Stress Management in Caregiver Environments

Speaker: Kelly Williams, LMHC

Virtual | ccemployeewellness.com/wellness-insider

Wednesday, October 7 | Noon - 1 p.m., EST

Objectives:

1. Acknowledge the unique burden of healthcare workers.
2. Understand the impact of stress on the brain and our behaviors.
3. Identify micro-interventions and other tools to assist with managing stress.
4. Explore opportunities for shifting from toxic positivity to sustainable boundaries.

All caregivers are welcome to attend this presentation.