
TLC Workshop Descriptions

Guest speaker Gale Lyman, RN, BSN, HNB-BC



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About Gale Lyman, RN, BSN, HNB-BC

The founder of the TLC Resource Center for Contemplative Practices and Caregivers, Gale is an engaging guest speaker and a freelance writer. A board certified holistic nurse and an expert in holistic well-being, Gale’s specialties include health behavior change, stress management, caring for caregivers, and contemplative practices including many forms of guided meditation. She is the author of *A Reflective Journal for Busy People* and the creator of *Nature’s Peace Process* programs. She has traveled extensively across the country and presented in 22 states.

Contact Gale to discuss your organization’s needs.

Gale is passionate about inspiring people to take care of themselves through whatever venue will reach your people: workshops, retreats, blogs, articles, wellness tips, webinars, and more!

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Wellness Workshops for your organization

- ✓ *Insightful solutions to today's challenges*
- ✓ *Opportunities to experience holistic well-being techniques*
- ✓ *Take-away tools to improve well-being at home or at work*



Calm Down! Coping with Really Bad Days

Originally developed for nurses and now available to anyone who might experience a really bad day, 'Calm Down!' teaches you how to use guided breathing meditations in anxiety-provoking situations.

Mini Meditation Sessions: Relax in 20 Minutes

Program planners! If you can't pull your staff out of work for a workshop, consider mini-sessions!

In 20 minutes, you will experience a relaxing guided meditation. You may choose among guided meditations to clear your mind and ease muscle tension, including guided imagery, nature imagery, favorite place imagery, breathing for relaxation, and more. Expect to feel relaxed, renewed, and perhaps even energized!

Avoiding the Hazards of Family Caregiving

Taking care of loved ones with cognitive, emotional, or physical challenges often has high physical, emotional and spiritual demands. Learn to thrive rather than simply survive with nine essential tips from a nurse who has experienced the demands of taking care of family.

Energizing Meditations and Mantras, for Caregivers

For caregivers, taking care of everyone else is often the priority. Self-care is difficult to fit in, given the limited time and energy available. These mantras and meditations were developed by a nurse/family caregiver with no time, money, or energy for herself – and they work!

Living a Full Life *after* Family Caregiving

Life after caring for a loved one is full of potential, but finding happiness can often be elusive during this challenging phase of life. Whether your loved one has passed on, recovered, or is in remission, it's now time for you to resume a full life.



My Dad

Activity Groups for Seniors

- *Reducing stress and social isolation*
- *Perfect for Senior Centers, Assisted Living Facilities, Caregiver Groups, and more*



Weekly, monthly or for special events, these 45 minute activity groups for seniors...

- *Engage seniors in communication with each other*
- *Provide pleasant and relaxing sensory stimulation*
- *Decrease stress with proven techniques*

Rhythms for Well-being: Stress management drum circles

We begin by sitting in a circle. Using rhythm making instruments of many cultures, including drums, rattles, shakers, and rain sticks, one drummer begins, and the rest follow. Some mimic the beat of others, and some create their own rhythms. No experience or talent is necessary, as each one drums to their own tempo. Laughing invariably bursts out as you liberate your inner rhythms!

Bio for this program: Gale Lyman RN, HNB-BC is a holistic nurse and drum circle facilitator. For years Gale has brought drumming to senior centers and residents of assisted living facilities, and joyfully drums with her friends whenever she can. She is a member of the Drum Circle Facilitator Guild.

Stress Less: Guided meditation groups

Gathering in a group for mutual support, we begin with a centering exercise of breathing and continue on to experience relaxing imagery. Together the group chooses among guided meditations to ease muscle tension, guided imagery, nature imagery, favorite place imagery, breathing for relaxation, and more. Expect to feel relaxed, renewed, and perhaps even energized! This peaceful interlude concludes with conversations about how to use guided breathing exercises, progressive muscle relaxation, and guided imagery throughout the day. Past attendees praise includes, "All the busy worrying in my mind stopped." "I feel more relaxed and more alert too." "I feel relaxed, at ease."

Bio for this program: Gale Lyman RN, HNB-BC is a holistic nurse and meditation group facilitator. In response to her own stressful life, she began meditating in 2000 and has since led groups of up to 300 people in soothing guided meditations. With a wealth of experience serving elders and their caregivers, Gale has prepared a book of guided relaxation readings written specifically for older adults.

TLC Resource Center

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Restorative Retreats

Schedule a day-long or a weekend retreat for your organization



Nature's Peace: Spiritual Nourishment for Weary Souls

Nature has a way of soothing stress in all of its forms. When you are worn out from personal life events or the chaos in our world, nature can restore you. When you feel a bit lost, nature can help you to find your authentic self, and find your way back to inner peace.

This retreat creates a safe haven in which you learn how to use the restorative Nature's Peace Process. Learn how you can cultivate inner peace every day and receive nature's gifts of peace, joy, forgiveness, hope, faith, light, and love. The Nature's Peace Process is a tranquil activity, either inside or outside, that activates the healing power of nature. During the retreat, this contemplative process is enhanced by group meditations and a Sharing Circle, as well as individual time for journaling, sketching, prayer, or meditation. Let nature's peace grow!

Caring for Caregivers: A Restorative Day for Rest and Rejuvenation

Burnout, compassion fatigue, exhaustion, and lack of time for oneself can all be challenges of caregiving for others. Self care and restorative experiences can help, but who has time? Take the time, find someone to cover for you, and get away from it all.

After this day, you will feel rested and restored, ready to return to your responsibilities with more compassion and energy. Both family caregivers and professional caregivers in the fields of healthcare, education, pastoral care, and more are welcome.



Continuing Education Programs for Healthcare Professionals

- ✓ Insightful solutions to today's challenges
- ✓ Opportunities to experience holistic well-being techniques
- ✓ Take-away tools to improve well-being at home or at work



Caregiver Recovery: When Caregiving is Finished - One day workshop

Of the 65.7 million Americans caring for family or friends in the US today, 21% recognize caregiving has made their health worse. Explore the challenges that caregivers face, even when their loved one no longer needs them. How can we as caring professionals support their recovery and return to well-being?

Participants will be able to

- Describe the concept of caregiver recovery.
- Identify 3 or more signs of caregiver role strain
- Discuss how compassion fatigue may manifest in caregivers
- List 3 or more major life changes that recovering caregivers often experience
- Describe a relationship challenge experienced by some caregivers
- Discuss how nurses can support the recovery of former caregivers

Eye of the Storm: Being Calm Amidst Chaos - 60 to 90 minutes

Working in healthcare is hectic and stressful. Consider the importance of stress management to your own well-being and try techniques you can use when experiencing situational anxiety, a.k.a., when you are having a really bad day.

Participants will be able to

- Briefly describe one or more of the following stress research topics: psychoneuroimmunology, neuroplasticity, and The Blue Zone
- Describe 3 or more exemplars of anxiety-reducing programs for healthcare professionals
- Evaluate their experience of 3 or more stress management interventions, including affirmations, setting intention, guided imagery and a variety of breathing techniques.
- Explain the relationship between being calm and being a healing presence for others.

Restorative self-care programs and retreats, custom designed

We will custom design a restorative self-care program just for you, meeting the specific purpose of your gathering. You choose the program length, from 1 hour to 1 day to 1 weekend. Honor your people with loads of opportunities to indulge in self-care. They will acquire practical take-aways they can use during their work day (and anywhere else they find stress!)

Participants will be able to

- Reflect upon potential motivators and detractors to their personal self care practice.
- Discuss how to address the challenges inherent to self care.
- Describe their experience during demonstrations of restorative self-care techniques.

Creating Calm: How to Reduce Patient Anxiety Holistically (Level One)

One day workshop

Patient care suffers when acute situational anxiety renders patients unable to meaningfully contribute to intake and assessment, refusing to participate in treatment, or incapable of focusing on discharge teaching. Reducing situational anxiety can thus improve patient outcomes and compassionately provide comfort to distressed patients. Learn to do quick and easy guided meditation techniques that reduce acute situational anxiety. This experiential 'how to' training includes time to practice new techniques and covers best practices, evidence-based cautions, safeguards, efficacy, and cultural implications.

Participants will be able to

- Identify the challenges caused by situational anxiety in healthcare settings.
- Describe the evidence based benefits patients receive from guided breathing meditation, guided muscle relaxation meditation, and guided imagery meditation.
- Implement guided meditation within the nursing process and according to evidence based best practices.
- Demonstrate guided breathing meditation, guided muscle relaxation meditation, and guided imagery meditation. (Using expertly prepared scripts, audience members will practice guiding each other.)
- Describe how they will apply guided meditation techniques to patient care.
- Discuss the relationship of guided meditation for self-care to nursing excellence.

Mindful Approaches to Reduce Patient Anxiety - 60 to 90 minutes

Note: a one-hour primer to the day-long training workshop titled Creating Calm

Patients often have really bad days, experiencing nerve-wracking anxiety. Explore various stress reduction techniques that rapidly decrease acute situational anxiety. In this primer to holistically caring for the anxious patient, learn how reducing situational anxiety can improve patient outcomes and compassionately provide comfort to distressed patients.

Participants will be able to

- Discuss 3 or more exemplars of anxiety reducing patient programs.
- List the evidence based benefits patients receive from mindful stress reduction techniques.
- Describe their experience during demonstrations of techniques that rapidly reduce patients' anxiety, including guided exercises to promote deep breathing, progressive muscle relaxation and relaxing imagery.

Gale Lyman, RN, BSN, HNB-BC is an engaging guest speaker and a freelance writer. A board certified holistic nurse and an expert in holistic well-being, Gale's specialties include health behavior change, stress management, caring for caregivers, and contemplative practices including many forms of guided meditation. She is the author of *A Reflective Journal for Busy People* and the creator of *Nature's Peace Process* programs. She has traveled extensively across the country and presented in 22 states. Gale is passionate about inspiring people to take care of themselves through whatever venue will reach your people: workshops, retreats, blogs, articles, wellness tips, webinars, and more!

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