

# **Caring for Ourselves: Mindfulness for Caregivers**

## A four-week online course with Rebecca Oreskes

Wednesdays 9:30-11:00 AM EDT, October 7, 14, 21, 28



Being a caregiver can be the most difficult job any of us will ever have. Caring for someone else often calls on physical, practical and emotional resources we never thought we'd have -- or need. Caregiving can teach us great love and compassion for another person, but it can also leave us feeling exhausted, frustrated, angry, hopeless -- wrestling with a million different emotions.

In our four weeks together, we'll focus on how to use mindfulness practice to open our hearts, and -- first and foremost -- to care for ourselves while caring for others.

We'll practice formal meditation techniques as well as ways to navigate our daily lives with more ease and spaciousness. We'll share ways to sustain a vibrant mindfulness practice, to find joy even amidst great difficulty and to open our hearts to compassion and loving-kindness for ourselves and other people.

The course is designed for everyone who considers him/her/their self a caregiver. It's for those who currently have a meditation practice and also for those who find themselves thinking, "There's no way I can meditate. I'm too busy, restless, stressed, distracted, anxious ... whatever."

## The Course:

Our time together will include meditation practice, talks, interaction with other caregivers and opportunity for questions around these topics:

Week One: What is mindfulness and how can it help us to truly take care of ourselves?

Week Two: Opening our hearts to compassion and loving kindness

Week Three: Cultivating joy and gratitude even in the midst of suffering

Week Four: How do we set and keep our mindfulness intentions?

## Class Details:

- Format: We'll meet on Zoom for 1 ½ hours, once a week for 4 weeks. Each class will include a guided meditation, a talk and time for questions.
- Fee: There is no fee for this class. Registrants are asked to attend all four sessions and to fill out an evaluation form at the end.
- To register: Email Rebecca Oreskes at [echotuck@gmail.com](mailto:echotuck@gmail.com). Include your name, email address and phone number in your registration. Please put "mindfulness course registration" in the subject line.



**About Rebecca:** After a career with the White Mountain National Forest, Rebecca took an early retirement to pursue other interests. She is the co-author of *Mountain Voices: Stories of Life and Adventure in the White Mountains and Beyond* and a graduate of the Kripalu School of Ayurveda.

Rebecca is in the final year of the Mindfulness Meditation Teacher Certification Program led by Jack Kornfield and Tara Brach through the Insight Meditation Center of Washington, DC and the Greater Good Science Center, University of California at Berkeley.

She has been practicing meditation for over 10 years and has been a primary caregiver for her husband for six years. Rebecca is excited to share the benefits mindfulness practice has brought to her life as a caregiver.