

“THRIVE WITH FIVE”

Five Wellness Webinars for Shluchos for Inner Growth and Enhancement with Rus Devorah Wallen, LCSW, ACSW, CIMHP

"Self-Care For Selfless Caregivers - Mastering Burnout Prevention" ("Im Ein Ani Li Mi Li")

Session 1: Self-Care is Anything But Selfish!

In this session, we will delve into the Torah's timeless wisdom on self-care and self-maintenance, drawing inspiration from Hillel's Mishnaic statement – “If I am not for myself, who will be for me?” Guided by these profound words, We will explore the pivotal role of self-care in the lives of caregivers. We will uncover the subtle signs of burnout and its profound impact on physical, mental, and emotional well-being. Through Torah concepts and practical insights, you will grasp the urgency of prioritizing self-care, and acquire actionable tools and techniques to nurture yourself while tending to others. “V’ahavta l’re’acha k’moch” depends on your self-care.

Session 2: Lifestyle Hacks for Optimal Wellbeing

In this session, we embark on a journey to discover fundamental principles that can elevate your well-being as a dedicated caregiver. Starting with foundational areas of self-care we will explore pragmatic ways to enhance both your physical and mental health. You will learn about the NOGA Wellness Solutions® “Wheel of Wellbeing” to assist you in compassionate self-care. Witness the transformative effects of minor adjustments in your daily routine, as we illuminate the path to preventing burnout and fostering a more balanced, health-conscious lifestyle, aligning seamlessly with your role as compassionate caregivers.

Session 3: Cultivating Resilience and Emotional Wellbeing

Resilience, a cornerstone, requires nurturing. We will explore techniques to nurture emotional well-being and foster resilience, rooted in the profound wisdom of Torah. Through the lens of our tradition, You will acquire cognitive reframing techniques, emotional regulation strategies, meditation practices, and lifestyle enhancements. These invaluable tools will empower you to gracefully navigate stress, maintain emotional equilibrium, and proactively prevent burnout.

Session 4: Nurturing the (Soul)-Mind-Body Connection

Guided by the Maggid's insightful adage, “A Kleiner loch in kerper is a groise loch in neshomo – a small physical defect is a great spiritual one...”, we will delve further into the multi-directional interplay between the mind, body, and soul, as they harmoniously contribute to holistic well-being. Through an exploration of the food-mood connection, We will uncover the impact of nutrition on energy levels and emotional states. Further, We will uncover the vitality of regular physical activity and relaxation techniques in fostering your overall well-being as compassionate caregivers.

Session 5: Maintaining Sustainable Self-Care Goals and Practices

Our final session focuses on crafting sustainable self-care practices tailored to your demanding caregiver schedule. Embracing the wisdom of the Mishnaic principle, “Ha ma’aseh hu ha’ikar,” You will master effective time management strategies, learn the art of setting healthy boundaries, and cultivate self-compassion. As a result, You will be equipped with a comprehensive toolkit, firmly rooted in Torah principles, to skillfully prevent burnout, solidify enduring self-care routines, and nurture your well-being for the long term. Q&A time will be available for review of previous material, and to personalize the series.