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For Caregivers, an Online Presentation About Caring For Yourself

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Categories : [Healthy Living](#), [Talks-Panel Discussions-Presentations-Workshops](#)

Tagged as : [Community Mindfulness Project 2021](#)

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In a webinar Tuesday morning, Community Mindfulness Project will share simple techniques that people who care for others can use to support themselves emotionally as they care for others.

— [an announcement](#) from *Darien Library*

When we witness the struggles or pain of others, the pain centers in our brain light up as if we were experiencing that same pain. This can be very depleting. When we convert empathy (the witnessing and taking on of another's pain) into compassion, we trigger a physiological response that actually helps us to feel more resilient and resourced.

As they say on an airplane, it's important to put your own oxygen mask on before helping others. Community Mindfulness Project is a local non-profit that offers science-based self-care workshops to support well-being in communities. For more information, see www.CommunityMindfulnessProject.org.

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If you stop by the Welcome Desk on the day of the event, there will be 20 grab-bags available on a first-come first-serve basis!

If You're Attending, You Need to Register ...

This "Caregiver Cafe" event will take place from 10 to 11 a.m., Tuesday, May 25, on Zoom. You will receive an email confirming your registration with a link to join the meeting after you [register](#) for the event.

Need help registering? Email Adult Programming at apstaff@darienlibrary.org.

About Community Mindfulness Project

Formed in 2014, the Community Mindfulness Project's mission is to offer a variety of mindfulness and heart-opening practices to help people support their physical, psychological, emotional and social well-being.