

Refresh and Renew – Caregiver Self Care Series

Wednesdays monthly, 1-2pm

Franciscan Spirituality Center | 920 Market St. La Crosse **

We celebrate all the things that caregivers do every day to support the health and wellbeing of their loved ones. This daily effort can take a toll on your wellbeing. With this Refresh & Renew series, we hope to help support and develop some self-care strategies and take time for you. Moments of restoration can be achieved when you make them a priority.

Classes are free, Registration required:

ADRC 608-785-5700 or [FSC online portal](#)

**Per Franciscan Spirituality Center Covid-19 Policy, all in-person attendees must be fully vaccinated and wear face coverings to participate in FSC programs.*



SESSION 1: MINDFULNESS PRACTICES- [September 8](#) **LOCATION 500 2nd St. La Crosse River Crossing Bldg.**

Mindfulness practices can aid in reducing stress and promoting relaxation. We will go through a guided meditation that focuses on breathing, a body scan and visualization.

SESSION 2: RESTORATIVE YOGA - [October 13](#)

This session will focus on body movements that allow for relaxation and restoration. Restorative yoga allows us to re-learn the art of relaxation while developing the skills and abilities to self-soothe. It enhances our healing capacity through helping us regulate the stress response and re-balance the nervous system.

SESSION 3: CREATING MOMENTS OF JOY - November 10

As we age, we tend to look at what we have lost. Yet, memories and freedom from responsibilities can bring us joy. Join us for an afternoon of finding joy in the simple things of life.

SESSION 4: SINGING BOWLS: HELPING THE HELPER - December 8

Tibetan Singing Bowls can offer softening the effects of caregiver fatigue. In a recent (2020) peer review study of the benefits of singing bowl sound waves, improvements in distress, negative emotions, anxiety, depression, fatigue, tension, anger, confusion, and vigor were reported

SESSION 5: ART AS MEDITATION AND/OR PRAYER - January 12

Artistic expression offers the opportunity for spiritual growth, transformation, and healing. A chance to play and learn new techniques without worrying about perfection or finished product. Meet new friends and practice listening to your heart as you paint. No experience necessary.

SESSION 6: COFFEE AND CONVERSATION February 9

What are the struggles/challenges you face as a caregiver? What are resources/tools you have found helpful in your struggle? There is support in verbalizing our challenges as we remind ourselves of what we need to do to stay healthy. Join us for an informal discussion as we find new ideas and learn from others about self-care.

SESSION 7: LABYRINTH EXPERIENCE March 9

A labyrinth is a single path that has been used as a walking meditation for prayer and reflection since ancient times. For many, it is symbolic of a pilgrimage and can help bring about clarity, peace, and healing. Our indoor labyrinth is designed in the pattern of the cathedral labyrinth in Chartres, France, which dates back to the 1200s. Participants will learn about this history of the labyrinth and have an opportunity to walk our labyrinth.