

# Caring For Yourself When Every Day is Stressful: *How Do I Stay Resilient?*

## **SAVE THE DATE**

Wednesday February 24, 2021  
12:00-1:30PM



Join us for the timely topic of caring for yourself when every day is stressful and learn some tools to stay resilient. We have all had to adjust how we maintain relationships, but learning to “do it all” means something entirely new during the COVID-19 crisis. Learn how to protect yourself, your loved ones and your clients from stress, and find time to care for yourself.

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*Fellow- American Academy of Experts in Traumatic Stress  
Certified Compassion Fatigue Educator and Therapist*

Registration required:

<https://www.neaetc.org/events/view/17092>

