

VIRTUAL WORKSHOP

# Stress Reduction Techniques for Caregivers

With Veronica Tam, MHA, MSW Student



**Dates:** Thursday, August 18

**Time:** 1:00 – 2:00 pm

**Location:** Online (Zoom)

**Cost:** No Cost

**RSVP:** [www.cancersupportvvsb.org](http://www.cancersupportvvsb.org)  
[programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)  
or calling 805.379.4777

## Workshop Description:

Caring for a loved one undergoing cancer treatment can be exhausting and even lead to burnout. It is essential for caregivers to maintain their health and well-being. Prolonged caregiver stress may cause serious physical and mental health issues. This workshop will discuss the importance of self-care and how self-care can help reduce stress. We will learn different tools such as mindfulness breathing and somatic self-massage practices. Additionally, we will discuss what may be the barriers to implementing self-care in our daily lives. Join us to discover how to reduce stress for caregivers who's loved one has cancer.

## About our presenter:

Veronica Tam is an MSW student at the University of Denver and an Intern at Cancer Support Community Valley, Ventura, Santa Barbara. Additionally, she has a Master of Health Administration from Capella University. She is passionate about bringing awareness to mental health and self-care in her community.