

Caregivers must take care of themselves so they can better care for others
- Meditation and Breath Based Relaxation Techniques can help.



NEW WEBCAST:

Breathing & Meditation Techniques for Caregivers

Presented by: Kirti Carter MD, MPH

Caregiving is stressful, demanding and leaves little time for the caregiver to calm the mind. Guided meditation along with breathing and relaxation techniques can help. In addition to reducing stress and anxiety, it can also lower blood pressure, relieve tension, relax the nervous system, reduce symptoms of depression and much more. The benefits are great but knowing how to get started is not always easy. Dr. Carter's 14 years of experience in teaching meditation and relaxation techniques will help you:

- *Learn to use your breath to influence your emotions;*
- *Learn simple and effective tools to help you manage stress;*
- *Learn how to relax in a short amount of time;*
- *Learn breathing techniques that help increase your energy levels.*

Caregivers must first take care of themselves in order to properly care for others. So give yourself a break, relax and unwind with the help of Dr. Carter in these two new webcasts. Thanks to the generous support of the [Humana Foundation](#) these videos are also available in Spanish.

[Introduction and Breath-Based Relaxation](#)

- English

[Relajación Basado en la Respiración](#) -

Spanish

[Guided Relaxation](#) - English

[Relajación Guiada](#) - Spanish



A Reflection of Summer

Presented by: Kay Gerfers



Because taking a real vacation can be difficult for caregivers - perhaps you should think of just getting away on a short mental summer vacation. Join Kay as she walks you through nature using all of your senses - take in the sights, the sounds, the birds, the trees, and all the beauty nature has to offer in this short guided walking meditation video.

[Watch Now](#)

