

## Caregiver First Aid:

# Managing Your Emotions



Many caregivers share that at times they feel like they are on an emotional roller coaster. Emotional wellness is the ability to successfully handle life's stresses and emotions and adapt when change is needed. There are things we can do every day to help improve and maintain our emotional wellness so we are better able to cope with emotions and feelings that arise while supporting others.

Join us for this live, interactive session through Zoom or your telephone.

**October 9, 2024**  
**1:00 – 2:00pm**

**FOR MORE INFORMATION:**

Contact [Mary Catherine Lundquist](mailto:lundqumc@ubhc.rutgers.edu) at [lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu) or call Care2Caregivers at **800.424.2494**

Click [HERE](#) to register.

You will receive log in information after you register.