

# Resiliency for People Living with Serious Illness

**Resiliency for People Living with Serious Illness** is a **live-online program of eight weekly 60-minute classes**. In each class, you will learn **evidence-based skills** to help make your self-care sustainable.

Teaching methods include brief lecture periods mixed with experiential exercises. You will also have opportunities to speak with others in structured break-out groups (pairs or triads) as well as in the larger group.

Each class will have its own theme and the opportunity to practice new skills in a safe place, so that they're more available during the days ahead. Themes include:

- Attentional balance and grounding
- Repertoire of stress responses and meeting difficult emotions
- Positive intention-setting
- Mindful self-compassion
- Challenging relationships
- Re-framing chronic sorrow
- Balance and growth in adversity
- 'What works for me?' -- wellness practice journals to cultivate a positive mindset

[Meri.ucsf.edu](https://meri.ucsf.edu)



Judy Long is a palliative care chaplain and educator at UCSF with a deep commitment to care for people living with neurologic illness, based on her experience in neuro-palliative care in hospital and hospice chaplaincy and facilitating grief and family caregiver support groups.

## **Class Schedule:**

Live, Online 8-Week Course

Tuesdays, 10:00 – 11:00 AM PST

**September 27 – November 16, 2022**

Limited to 20 participants.



**To Register:** <https://rfpfall2022.eventbrite.com>

Or email: [gayle.Kojimoto@ucsf.edu](mailto:gayle.Kojimoto@ucsf.edu) or call 415.509.8645



MERI Center  
for Education in  
Palliative Care  
at Mt Zion