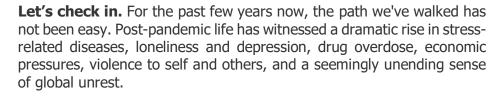
## Free Family Caregiver Event

## **Empathy Fatigue:**

Self-Care When Life is Disrupted

Presented by Ven. Barry Kerzin, M.D. and Buddhist Monk

April 14, 2023



Life has been stuck—determining what needs and concerns to attend to, and what to postpone, rearrange, or let go. Moments for personal reflection and introspection replaced with grief over loss of loved ones, jobs, or homes as we set our sights to mending, recapturing, and revitalizing.

**Empathy fatigue is real!** It is a natural offspring of our new world order. When full recovery requires our attention and patience not only with others (co-workers, friends, and family), but with ourselves as well, our resilience may be running low. And when we don't attend to this, **BURNOUT** is just around the corner.

You are invited to join us for a rare opportunity to set our intentions toward self-care through the wisdom and counsel of American physician and Buddhist monk, Dr. Barry Kerzin. In this informative webinar, Dr. Kerzin will address the adverse impacts of empathy fatigue on our health and well-being and help us navigate how to holistically gain well-being amidst challenging times.

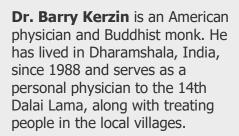
**Date:** Friday, April 14, 2023

**Time:** 10:30-11:30 a.m. MST/12:30-1:30 p.m. ET

**Location:** Virtual, using Zoom **Cost:** Free of charge

**Register:** meaningandhope.org/webinar

If you require assistance, please contact Roseanne Nguyen: <a href="mailto:nguyen@duetaz.org">nguyen@duetaz.org</a>



Following his ordination as a monk in January 2003, Dr. Kerzin has been balancing his service to the Dalai Lama with traveling, teaching, and leading workshops in which he blends his Buddhist learnings and his medical training. He has served as a research participant in neuroscience research into the effects of meditation on the brain and is an adjunct professor at both the University of Hong Kong and the University of Pittsburgh Medical Center.

He is founder and president of the **Altruism in Medicine Institute** and founder and chairman of the **Human Values Institute** in Japan.

