

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



Let's check in. For the past few years now, the path we've walked has not been easy. Post-pandemic life has witnessed a dramatic rise in stress-related diseases, loneliness and depression, drug overdose, economic pressures, violence to self and others, and a seemingly unending sense of global unrest.

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: nguyen@duetaz.org

Dr. Barry Kerzin is an American physician and Buddhist monk. He has lived in Dharamshala, India, since 1988 and serves as a personal physician to the 14th Dalai Lama, along with treating people in the local villages.

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.