



"Finding Life Balance"

Saturday, August 20th 9:00 a.m. to 3:15 p.m.

~ A live online workshop using Zoom ~

Morning Keynote: "Life Balance in Wholeness" by Joy Weydert, MD, FAAP, ABOIM

Professor (Retired/Volunteer) - Integrative Medicine and Pediatrics, University of Kansas Health System
 Director - Pediatric Integrative Medicine, University of Arizona Andrew Weil Center for Integrative Medicine



Finding balance in our lives is a common goal for many of us, but often difficult to achieve! This session will discuss ways for finding "balance" with the physical, emotional, spiritual, and relationship (and work) aspects of our lives. We often think that "once things seem to be in balance, then "all will be well." But, maintaining life balance is difficult!! We will explore what is really at the root of "being" unbalanced and find ways to move beyond these. Once having this awareness, we can move towards greater wholeness.

Session 1: "Art of Self-Care"

by Jolene Lynn, PhD, RN
 Associate Professor & Dean of the School of Nursing
 Graceland University

We often find ourselves busy... trying to juggle many things – including taking care of others! But, most of us have a tendency not to focus very often on taking care of our-selves!! The bottom line is that we ALL need to foster the ability to say no – AND to improve on caring for ourselves. We will discuss what is almost an "art" to finding ways to care for ourselves – AND that "self-care" involves the physical, emotional/ social, spiritual, and relationship aspects of our lives (also including things that may be of no "special interest," to anyone...but me")!

Session 2: "Striving and Thriving in Illness"

by Melissa Jonas, CNM/APRN
 (Certified Nurse Midwife & Advance Practice RN)
 Assistant Professor of Nursing Graceland University

On April 27, 2020, the whole world was shifting with news of a virus spreading across the globe. For me on that day, my life shifted as I was diagnosed with breast cancer. I was only 38 years old, I had a 4-year-old. This wasn't supposed to happen to ME. The next few months were a journey of surgery, treatment, a journey of finding myself - and my health again. In this session, we will share some tips on how to care for yourself in a holistic way, whether you are facing illness or hoping to maintain...or regain... wellness.

Session 3: "Caring for the Caregiver"

by Elise Hector, PhD, RN, CPN
 Assistant Professor & Assistant Dean of the School of Nursing Graceland University

Caregivers of all kinds give parts of themselves to the people they care for. The focus is mostly on the person requiring care. We forget about the needs of the care-givers. Giving away pieces of one's self can leave the care-giver with "missing pieces" that do not get replaced. Recognizing their needs, and offering meaningful help, is essential to keep the caregiver-care recipient relationship functional and healthy. We can honor our caregivers by providing care that refills their physical, emotional, and spiritual cup.

Session 4: "The Power of Positive Thinking"

by Glenda Fondren Alexander, MA, CLC
 Retired Federal Civilian Employee
 and Certified Life Coach

Positive thinking is a mind, body, and spirit connection that involves making the most of potentially bad situations, expecting the best in yourself and others, and seeing circumstances in a positive light. It requires training one's mind and effectively making the decision to be positive. Positive thinking is a powerful way to work towards whole, healthy functioning.

Workshop Schedule (all times CDT)

- 8:30 – 9:00 Check-In**
- 9:00 – 9:30 Welcome, Devotion, & Introductions**
- 9:30 – 10:30 Keynote**
- 10:30 – 10:45 Break**
- 10:45 – 11:45 Session 1 or 2**
- 11:45 – 12:45 Lunch Break**
- 12:45 – 1:45 Session 3 or 4**
- 1:45 – 2:00 Break**
- 2:00 – 3:00 Closing Session**
- 3:00 – 3:15 Evaluations and Certificates**

Closing Session: "Beyond Wholeness"

By Denise Leichter, RN
 Community of Christ, Mission Center President
 Pacific Southwest International Mission Center

When we have found ways to maintain some kind of "life balance" in the various aspects of our lives, we may feel like our lives are still a little "hectic" and harmony is an ongoing pursuit. We realize that "wholeness" takes overcoming life's challenges and trying to maintain wellness and peace day-to-day. When we function in a "holistic way," we are more ready to really give of our true selves to others. We can more fully share love, compassion, and support with others...and gratitude to God.