

Press Release

Event: **Developing a Self-care Plan: Stress Management for Social Work Professionals**

Date/Time: Thursday, September 14, 2017 from 10:00AM to 12:00PM

Contact: Madhu Bajaj Gupta
Head of Information Services
Public Library of New London
63 Huntington Street
New London, CT 06320
(860) 447-1411 x108
mgupta@plnl.org

Are you someone who has dedicated your time and energy into improving the lives of people in need?

If you are a social work professional who continually put others' needs ahead of your own and find yourself just too busy, this class is for you. Join us Thursday, September 14 at 10:00AM in the Library's Community Room.

Dr. Terrlyn L. Curry Avery will offer strategies to cope with and combat workplace fatigue.

In this class, you will learn to:

- Identify the signs of stress and burnout
- Identify and understand the different responses of the nervous system including the responses of stress and relaxation
- Learn the differences and similarities between Compassion Satisfaction and Compassion Fatigue
- Practice effective relaxation techniques
- Create a culture of self care and individualized plans to ensure success

Presenter: Dr. Terrlyn Curry Avery is a speaker and facilitator of advanced therapy and workshops around the world, and Founder of Sacred Intelligence, LLC.

This event is free and open to the public. No registration is required.

For more information regarding the event, please contact Madhu Gupta at 860-447-1411 x5, mgupta@plnl.org or go to the library's website at www.plnl.org.