

Extreme Self Care for Extreme Times

Wellness in the Era of COVID-19

A Virtual Discussion

Many of us have experienced loss, grief, overwhelm, distress, and confusion in recent months. A nurse practitioner wellness expert will present ideas on how to approach complexity and chaos, how to practice self-leadership, mental agility and extreme self-care, no matter your circumstances. Join us for this lively, supportive discussion to explore strategies to preserve your sanity in this unprecedented time.



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Bio:

Dr. Eileen O'Grady is a certified Nurse Practitioner and Wellness Coach. She uses an evidence-based approach with individuals and groups to reverse or entirely prevent disease. She is an expert on intentional change, emphasizing the importance of extreme self-care and how to identify and remedy a life that is off kilter. She is the founder of *The School of Wellness* which is devoted to high level wellness.

Intro:

Dr. Eileen O'Grady has a coaching practice working with people through lifestyle change and self-leadership. She works with individuals all over the world via ZOOM. She is the author of "A Wellness Pearl" blog on short, edgy reminders on how to practice extreme self-care. She edits the Textbook, *Advanced Practice Nursing* (Elsevier) with the next edition due out in 2022. She has a new book coming out, **CHOOSING WELLNESS: Unconventional Wisdom from a Conventional Nurse Practitioner for the Overwhelmed, the Discouraged, the Addicted, the Fearful, and the Stuck.**

Questions to start discussion:

- I'm feeling exhausted and burnt out with the same surroundings for so many months. How do I re-set?
- My work seems to take over everything as I am here 24/7. How do you suggest I limit it?
- My mother has a big birthday coming up and all of our travel plans are cancelled, and no plan is in place for the future. How do we cope with the disappointment?