



# 2025 CancerBridge Self-Care Series

with **Amanda Fox, MA, LPCC** who is a Certified Health and Well-Being Coach  
with The OSU Health Plan

Click [here](#) to register once for the entire year!

**\*\*All webinars below are scheduled for 11:00am.\*\***

Date	Title & Description
2/27	<b>Breathe Better, Stress Less</b>  <i>Learn and practice a variety of breath exercises that can reduce stress and promote resilience, focus, and calm.</i>
3/27	<b>Creating Your Coping Skills Toolbox</b>  <i>Learn the stages and types of coping and identify strategies that can help you prepare for, navigate, and recover from stressful situations.</i>
4/24	<b>Mindfulness and Meditation</b>  <i>Learn the basics of mindfulness and meditation to discover how these practices can help you feel more present, focused, and calm in everyday life.</i>
5/22	<b>Journaling for Self-Care</b>  <i>Unlock the benefits of journaling for self-expression, personal growth, and stress relief, with guidance for building a meaningful practice and adaptable tips for every style.</i>
6/26	<b>Mid-Year Wellness Reflections</b>  <i>We're half-way through 2025 - Let's reflect on our best self-care practices so and use the lessons learned to keep the efforts going strong. ** This will be a workgroup with time for personal writing reflections included during the session.</i>
7/31	<b>Savoring and Slowing Down – a Mindful Eating Practice</b>  <i>A leisurely, enjoyable meal can feel like a radical act of self-care! See how you can transform your mealtimes into wellness breaks with mindful eating. **Have a</i>

	<i>meal or snack prepared to eat during the session if you'd like to participate in the mindful eating practice exercise.</i>
<b>8/28</b>	<b>Sleep Well for Wellness</b>  <i>Discover why sleep is the foundation for all well and discuss strategies for a restful night's sleep.</i>
<b>9/25</b>	<b>Making Peace with Sleep</b>  <i>What we tell ourselves about sleep is as important as the sleep and sleep habits themselves. Learn daytime and nighttime strategies that support rest and create more peaceful sleep beliefs.</i>
<b>10/23</b>	<b>Compassion Fatigue to Compassion Satisfaction</b>  <i>Helpers need help too. If you're in a role of taking care of others with little time left for yourself, fatigue can creep in fast. Learn how to take care of you so you can keep taking care of others.</i>
<b>11/20</b>	<b>Creating Space for Self-Care</b>  <i>Reflect on what "self-care" has meant for you this year and create a vision for continuing those well-being activities that replenish and sustain you through to 2026.</i>



**Julia A. Duncan BSN, RN, CCM**  
**Nursing Program Manager**

Phone: 614-685-1869

Email: [jduncan@mycancerbridge.com](mailto:jduncan@mycancerbridge.com)

If you have any questions regarding our webinars, please feel free to contact me directly or you may email: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)

For clinical questions, you may contact our CancerBridge Nurse Line at: (855) 366-7700