

## Class 1: Taking Care of You

- Tool 1:**  
Introductions & Course Overview
- Tool 2:**  
Challenges of Caregiving
- Tool 3:**  
Managing Self-Care: Principles
- Tool 4:**  
Using Community Resources
- Tool 5:**  
Making an Action Plan

## Class 2: Identifying & Reducing Personal Stress

- Tool 1:**  
Feedback & Solution-Seeking
- Tool 2:**  
Managing Caregiving Stress
- Tool 3:**  
Identifying Signs & Sources of Caregiver Stress
- Tool 4:**  
Taking Action: Stress Reducers
- Tool 5:**  
Using Positive Self-Talk
- Tool 6:**  
Making an Action Plan
- Tool 7:**  
Breathing for Relaxation

## Class 3: Communicating Feelings, Needs & Concerns

- Tool 1:**  
Feedback & Solution-Seeking
- Tool 2:**  
Good Communication: How to Best Express Yourself
- Tool 3:**  
Using "I" Messages
- Tool 4:**  
Avoiding "Hidden You" Messages
- Tool 5:**  
Making an Action Plan
- Tool 6:**  
Progressive Muscle Relaxation

## Class 4: Communicating in Challenging Situations

- Tool 1:**  
Feedback & Solution-Seeking
- Tool 2:**  
Being Assertive, Not Aggressive
- Tool 3:**  
Assertive Communication: DESC
- Tool 4:**  
Aikido Communication Style
- Tool 5:**  
Making an Action Plan

## Class 5: Learning from Our Emotions

- Tool 1:**  
Feedback & Solution-Seeking
- Tool 2:**  
Listening to Our Emotions
- Tool 3:**  
Dealing with Anger & Guilt
- Tool 4:**  
Dealing with Depression
- Tool 5:**  
Guidelines for Managing Emotions
- Tool 6:**  
Making an Action Plan
- Tool 7:**  
Relaxation: Guided Imagery

## Class 6: Mastering Caregiving Decisions

- Tool 1:**  
Feedback & Solution-Seeking
- Tool 2:**  
Understanding the Transition Process
- Tool 3:**  
The Family Meeting
- Tool 4:**  
Using the Power of Optimism
- Tool 5:**  
Future Goals & Action Plans
- Tool 6:**  
Sharing Accomplishments