



BlueCross BlueShield
of New Mexico



COMPASSIONATE SELF-CARE

Date: September 23, 2024

Time: 8:30 – 8:45 a.m.

Location: Virtual

[Register Here](#)



Date: September 23, 2024

Time: 3:45 – 4:00 p.m.

Location: Virtual

[Register Here](#)



We will learn about:

- Definition of compassionate self-care
- Compassion fatigue
- Tips for taking care of the whole person