



"Sick Mom is Not An Oxymoron"

Learning How to Care for Yourself Even While You Care for Others

Whether it's a battle with the flu or an all-out war with cancer, Moms don't get sick or recover in a vacuum. Unlike most men and in contrast to women without kids, a Mom who gets sick not only has to get to the doctor, the pharmacy and (with any luck) into bed, she has to make sure there's food in the fridge, matching socks in the drawers and a new dress for the homecoming dance this weekend. In order to concentrate on getting better, she first has to make sure Johnny can get to soccer practice. And so on.

However, and this is the big news, she doesn't have to do it all and she doesn't have to do it all alone. That's the message in an inspired presentation by Kristine Breese, who for 10 years ignored symptoms of what she'd finally learn was a life-threatening heart condition because she was too busy "working, driving carpool and saving the world."

Based on her own experience and dozens of interviews conducted while working on her book, *When Mommy Gets Sick: A 10-Step Guide to Care for Yourself & Your Family* (St. Martin's Press, 2004), Breese charts a path back to wholeness for women who have struggled to take care of themselves and their families at the same time and reminds them that they can't pour energy out of an empty pitcher.

Touchpoints in the presentation include:

- "I can't get sick, everyone is counting on me."
- Videos, Dust Bunnies & The Golden Arches – Lowering Your Standards While You Heal
- In Sickness & In Health – How Your Illness Affects Your Marriage
- It Takes A Village – Learning What You Need & How to Ask for It
- Talking to Your Kids About Your Illness