



Group Discussion

1. What were some of the messages Laura and Anna shared related to courage and caregiving?

2. In the video Anna stated, ". . . *the complexity and the challenge of being a caregiver is something that none of us were prepared to quickly adapt to. . .*" Sometimes adapting to change can be uncomfortable and take courage. How can we be courageous and face our fears to cope with new situations?

3. Anna talked about the challenges she faced while caregiving. One of the most difficult decisions she made was to step away from her career to care for her mother. Can you share an example of how a past experience helped you courageously address a challenge?
