

# Resilience and Self-Care During Stressful Times

**Presenter:** Presented by Maureen O'Reilly-Landry, Ph.D.

## Key Points:

- How stress affects our emotions, bodies, and relationships
- Learn ways to Increase resilience and self-care
- Benefits for patients, families, caregivers, and health care staff



**About the Presenter:**  
Maureen O'Reilly-Landry, Ph.D., is a Clinical Psychologist/ Psychoanalyst and couples therapist. She founded and is co-chair of (with Dr. Patricia O'Gorman) the Medical & Addictions working group/APA Interdivisional Task Force on the Pandemic. Former Director of Psychological Services at Apollo Healthcare, she has worked extensively with patients on chronic dialysis and with organ transplant recipients. She also works with parents of medically ill children.



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2:00pm EST