

THYCA Conference 2025: Caregiver Sessions

The Sweetest Pause: Chocolate Meditation

Session Summary & Key Takeaways

Conferences can feel overwhelming, full of treatments, statistics, and decisions. This session offered a pause: no notes, no data, just presence.

Through chocolate, caregivers practiced slowing down and anchoring in the present moment.

The Caregiver's Paradox

Caregivers often live in the past (regret, replaying decisions) or the future (anticipating results, worrying).

In doing so, they miss the present, the only moment where life is truly happening.

What We Lose in the Gap

Absence from the present causes us to miss profound experiences: a loved one's smile, gestures of concern, or small connections.

Presence allows us to notice and cherish them.

The One Thing You Can Control

Caregivers can't control diagnoses, treatments, or outcomes, but they can choose where to place attention. Being present shifts the nervous system from stress mode into safety and calm.