



## DEALING WITH THE BLUES



Caregiver TLC is a derivative of the Coping With Caregiving 2.0 Suite

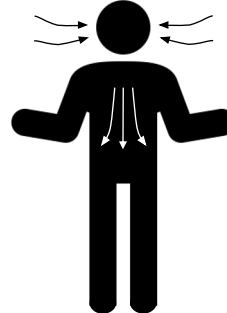
1

## Deep Breathing

Take 10 deep breaths


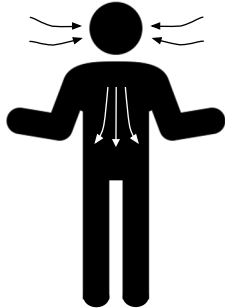
Let Go of the Outside World  
and Focus on the Here and

Now



2

## Check In



Deep Breathing


Visualization

3

## Today's Topics



Caregiving & Your Mood



Positive Activities



Going Forward

4

## Caregiving and Your Mood

### Caregiving can lead to depressive symptoms

- Unexpectedly becoming a caregiver
- The intensity of the caregiving
- Severity of the disease

### It is more common than most realize

- 40 to 70% of caregivers have symptoms of depression

Caregiving may make you feel like you have little to no control over your life

5

## When to be Concerned

### When is it a problem?

- Depressive symptoms = some negative feelings
- Depression = 5 or more of these symptoms every day for most of the day for over 2 wks.
- When it starts to affect your functioning, it is time to seek treatment

### Depressive Symptoms

- Feeling sad, empty, irritable or hopeless
- Loss of interest or pleasure in activities you used to enjoy
- Appetite change – eating more or less
- Sleep change – too much or not enough
- Restlessness or feeling slowed down
- Loss of energy
- Feelings of worthlessness
- Slowed thinking or loss of concentration
- Thoughts of suicide

6

## Taking Back Control with Positive Activities

One way of dealing with the blues is to make time for positive activities

- Evidence-based
- Non-pharmaceutical treatment for depressive symptoms

If all you do is related to caregiving, you may experience:

- Burnout
- Frustration
- Resentment

All which can lead to depressive symptoms

It is the lack of balance between challenging and positive activities in your life that can make you feel like you have no control  
– it's time to add more positive activities!

7

## What are Positive Activities?

They are activities which give you a sense of pleasure, meaning, or purpose

- They can be big or small
- Require some planning as they must be scheduled
- Be done alone or with others
- Can be brief lasting only a few moments or take all day

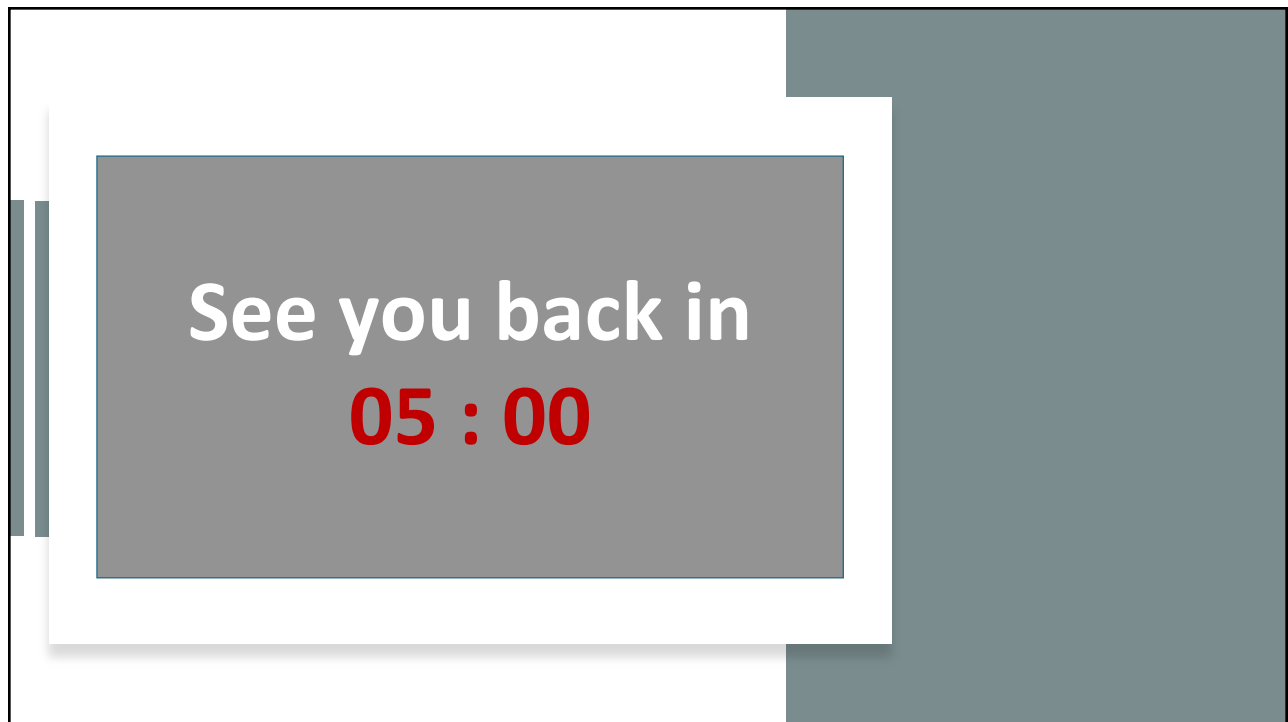
Examples:

- |                      |                              |                         |
|----------------------|------------------------------|-------------------------|
| • Reading            | • Gardening                  | • Doing a puzzle        |
| • Going for a walk   | • Watching children play     | • Visiting a museum     |
| • Listening to music | • Shopping                   | • Volunteering          |
| • Helping a neighbor | • Planning a trip            | • Being needed          |
| • Doing a kind act   | • Trying out a new recipe    | • Playing a game        |
| • Meeting a friend   | • Watching a sunset          | • Yoga                  |
| • Being creative     | • Baking                     | • Smiling at a neighbor |
| • Taking a hike      | • Listening to the bird sing | • Being creative        |

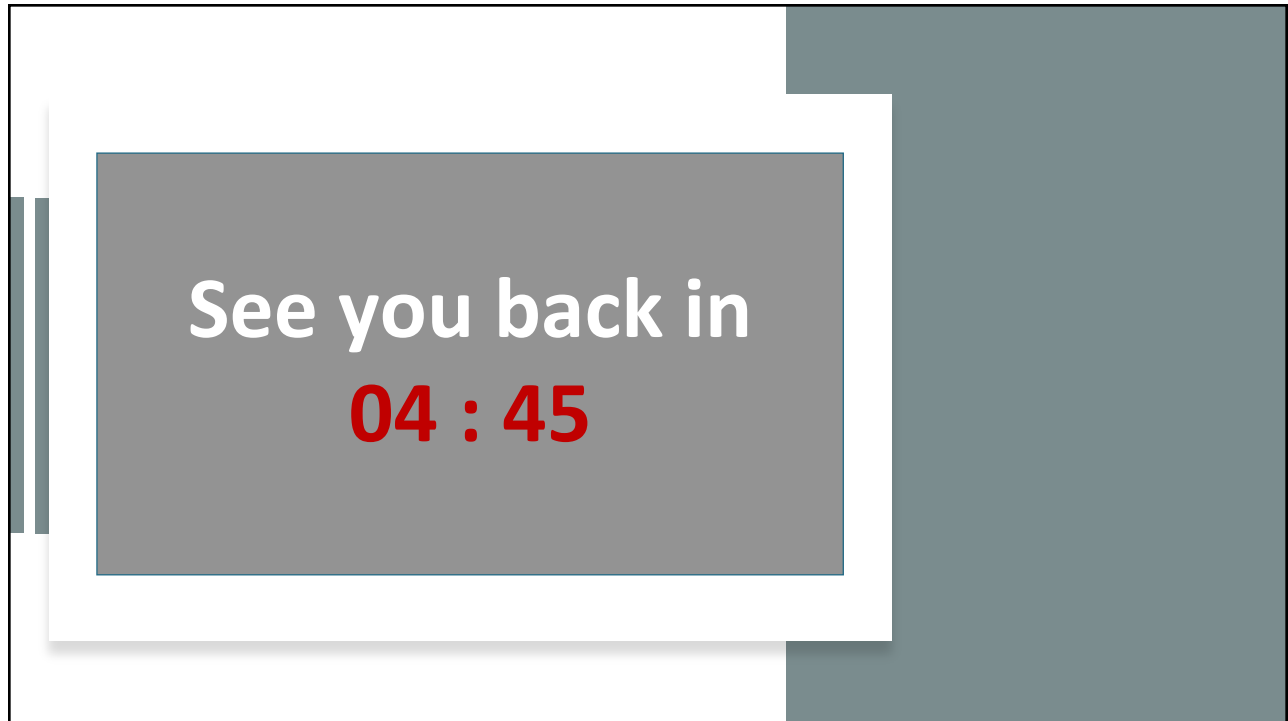
8



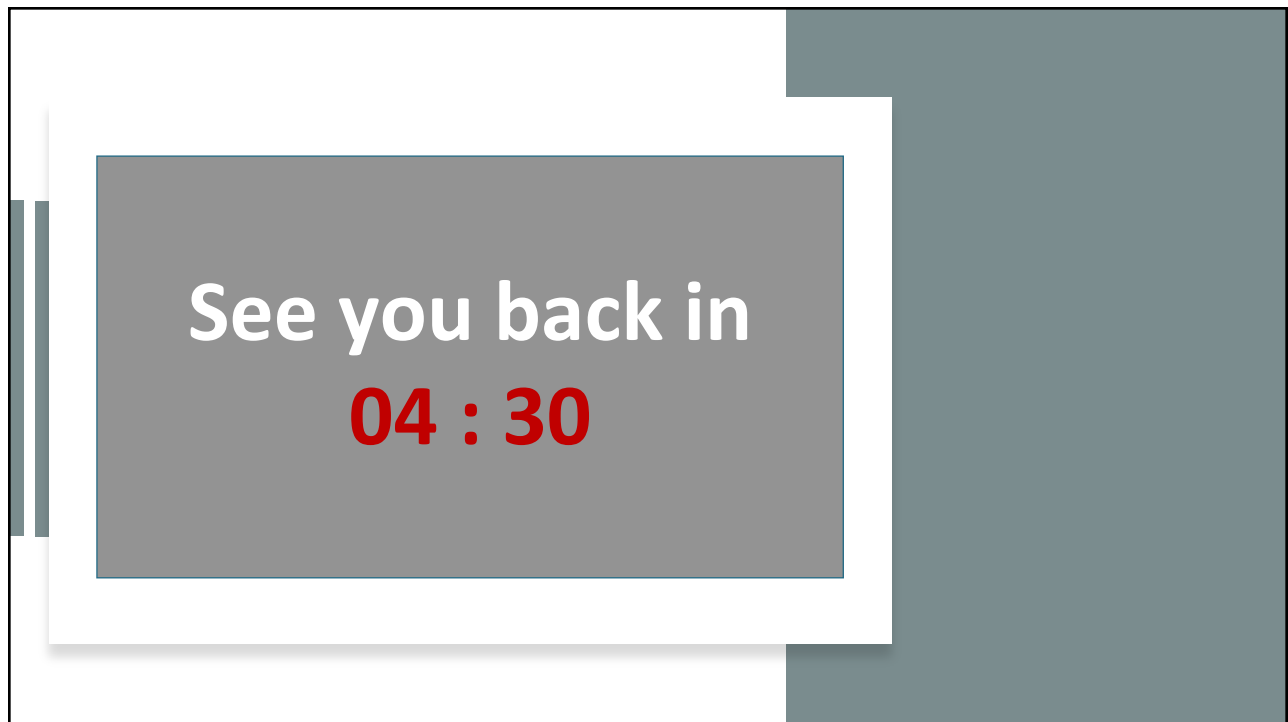
9



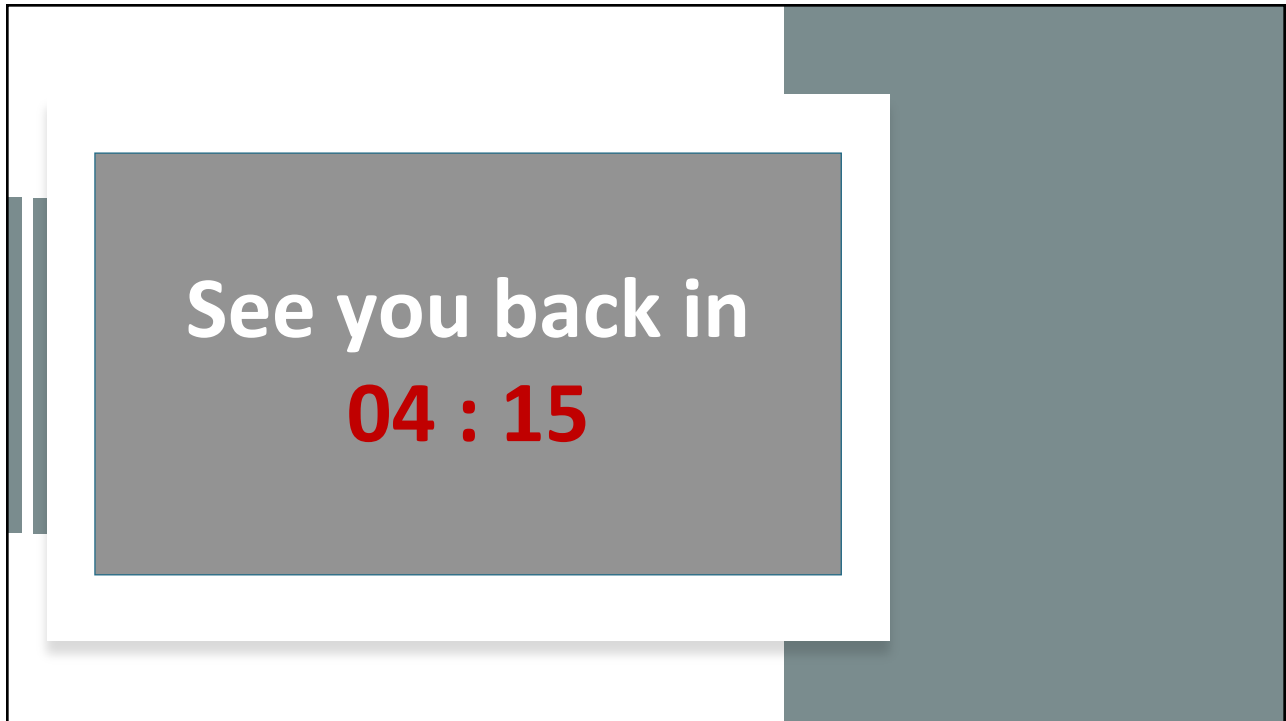
10



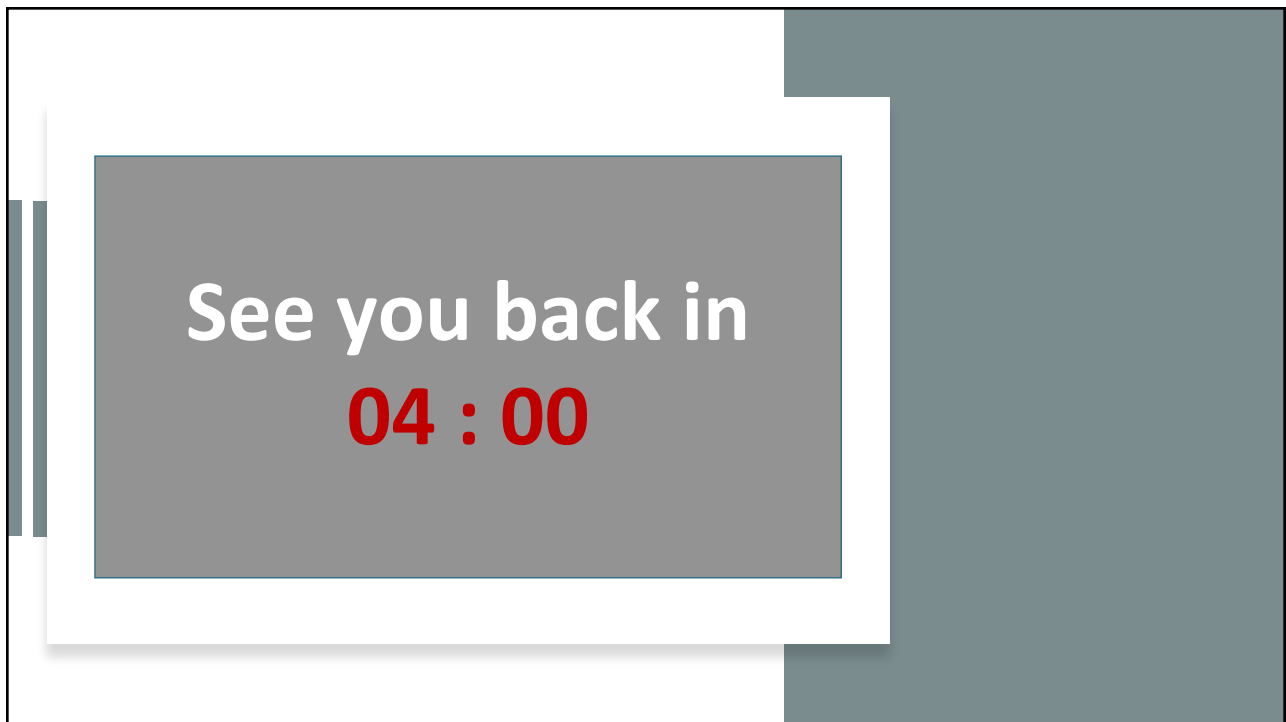
11



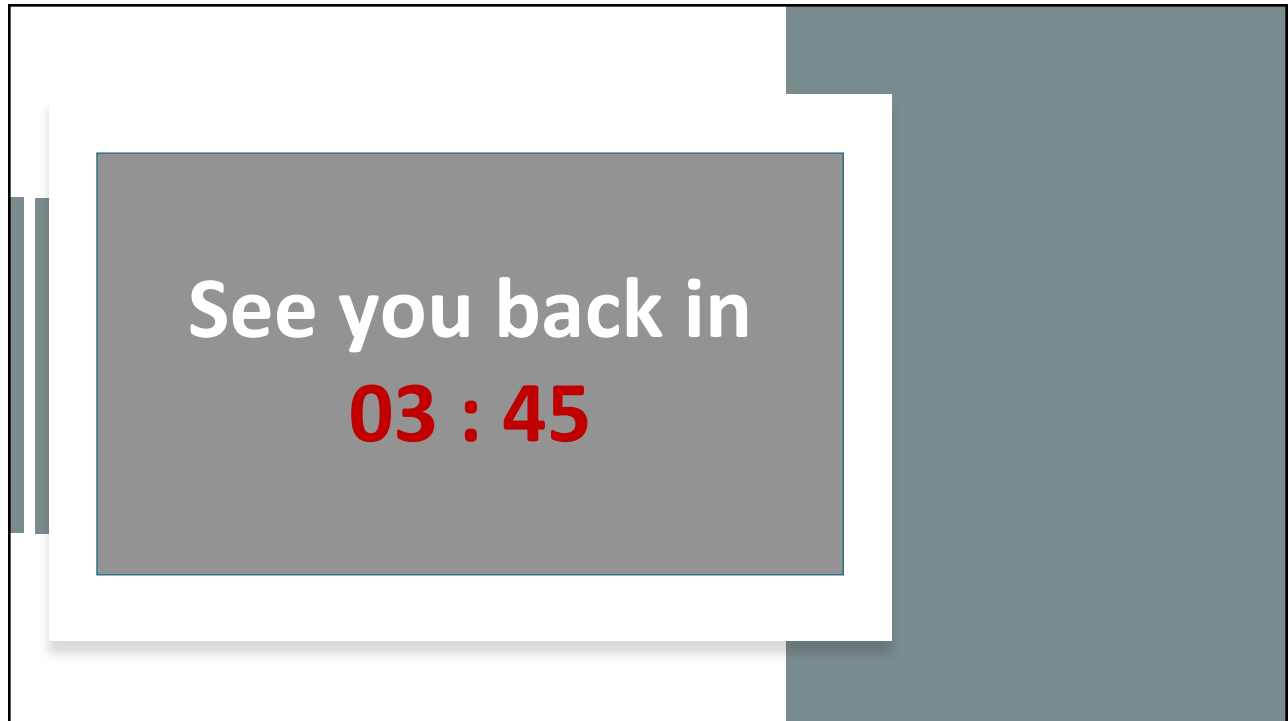
12



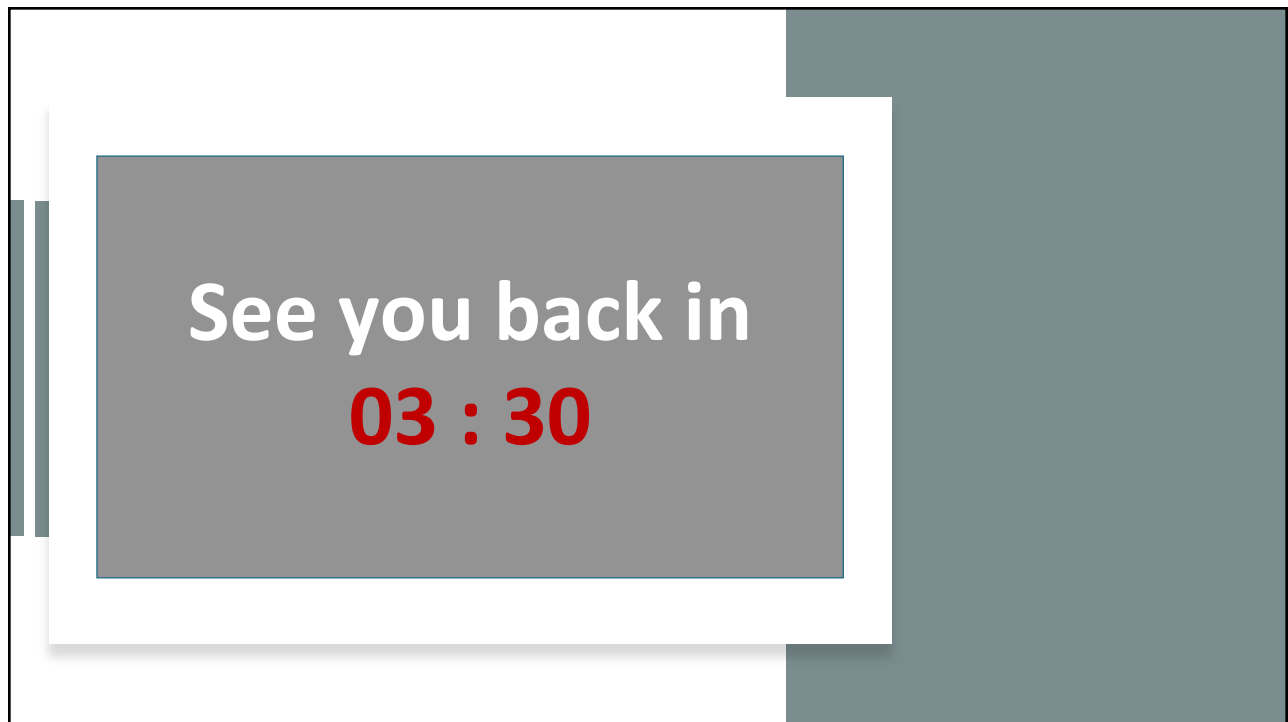
13



14

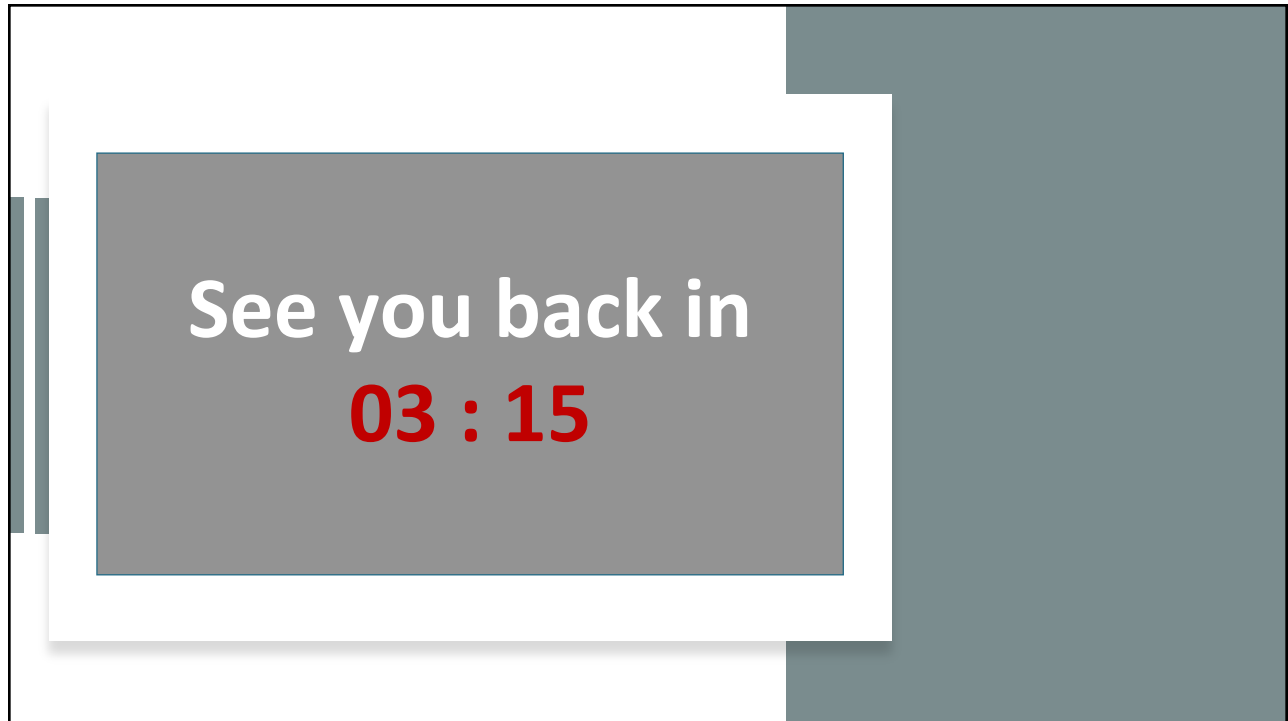


15

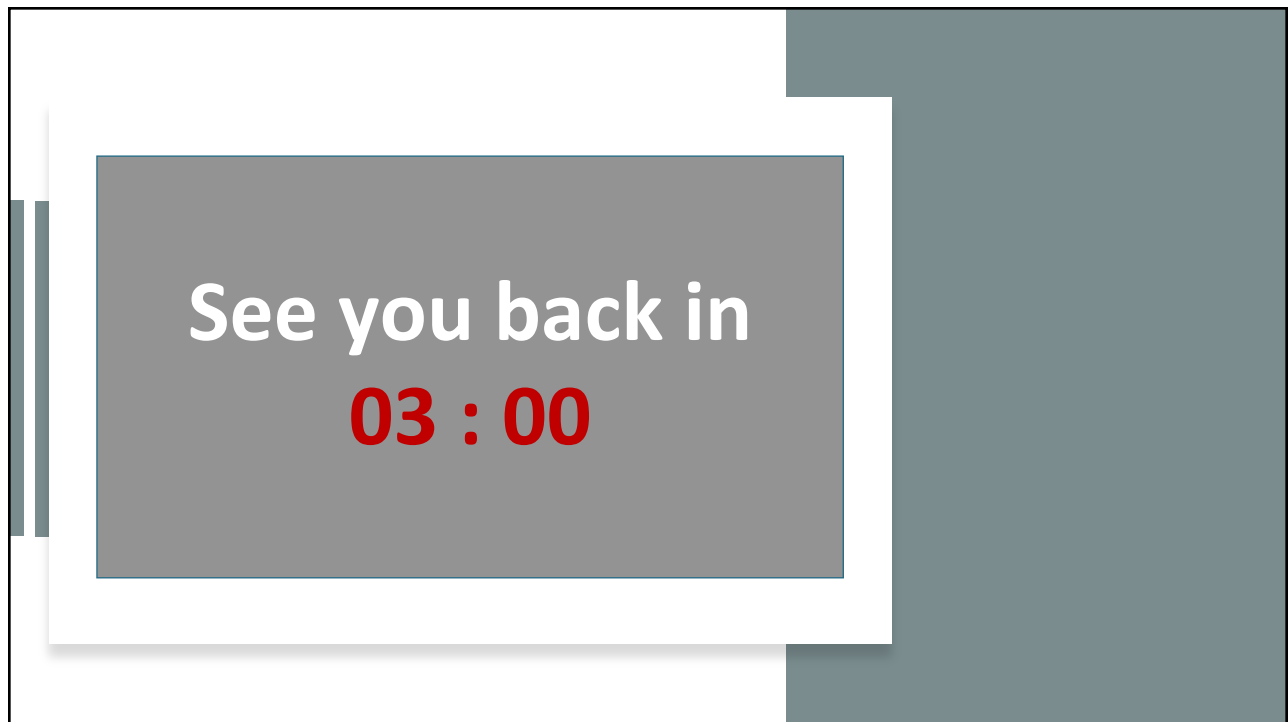


16

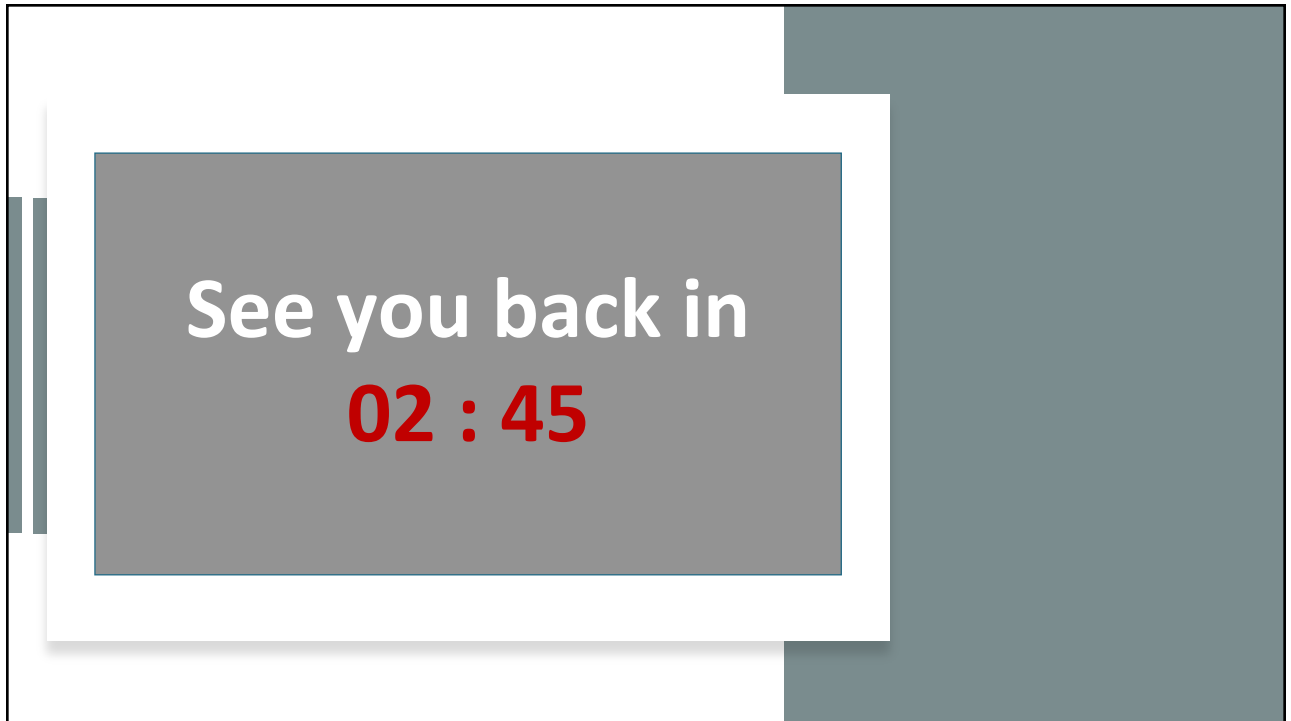




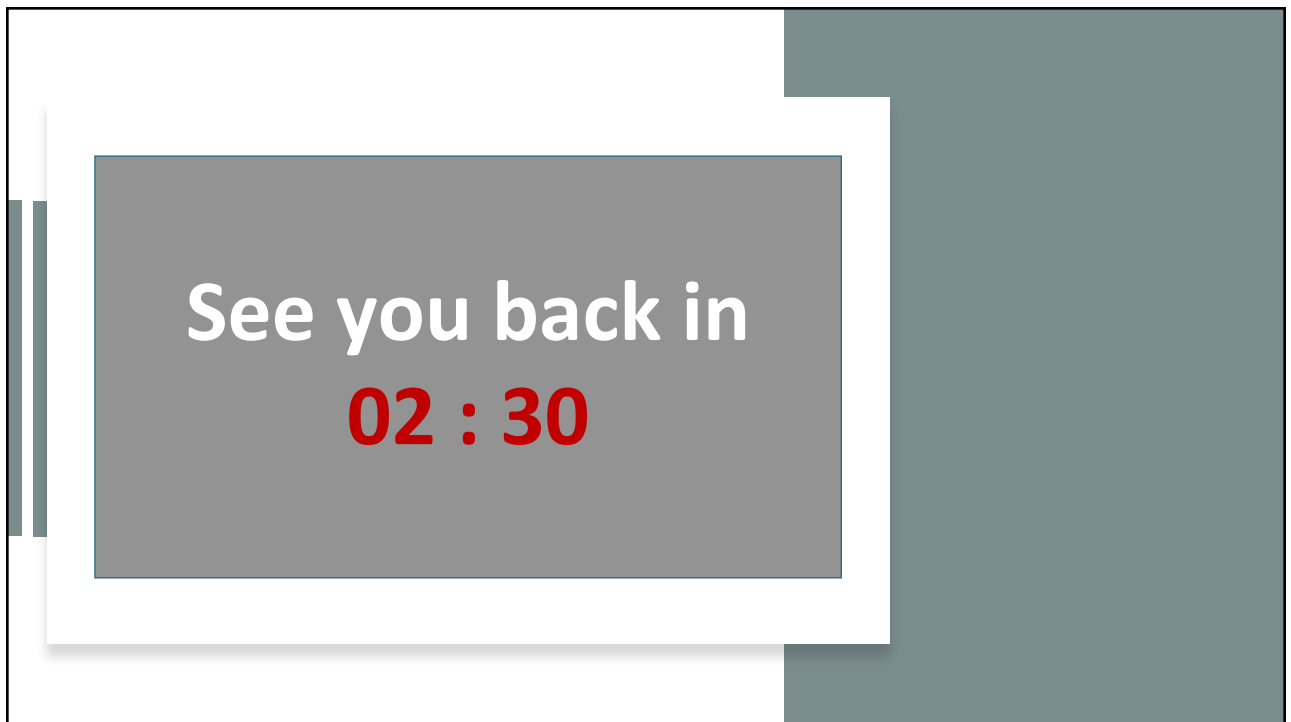
17



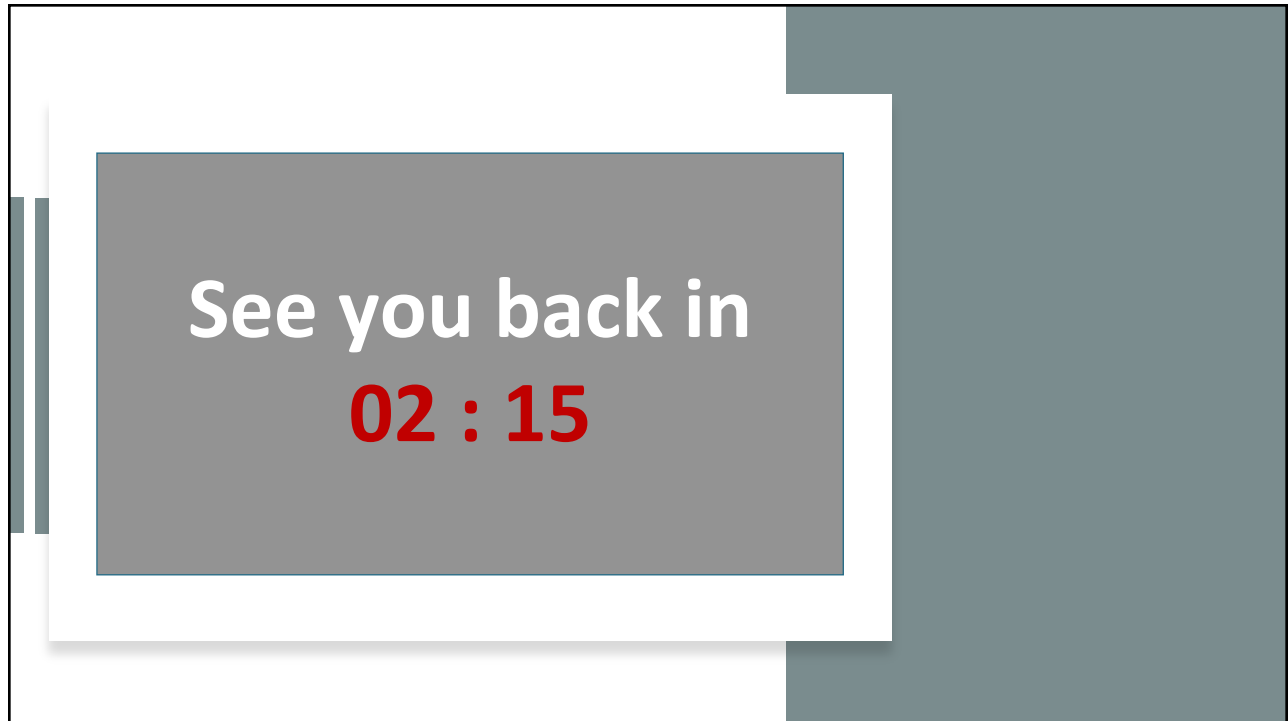
18



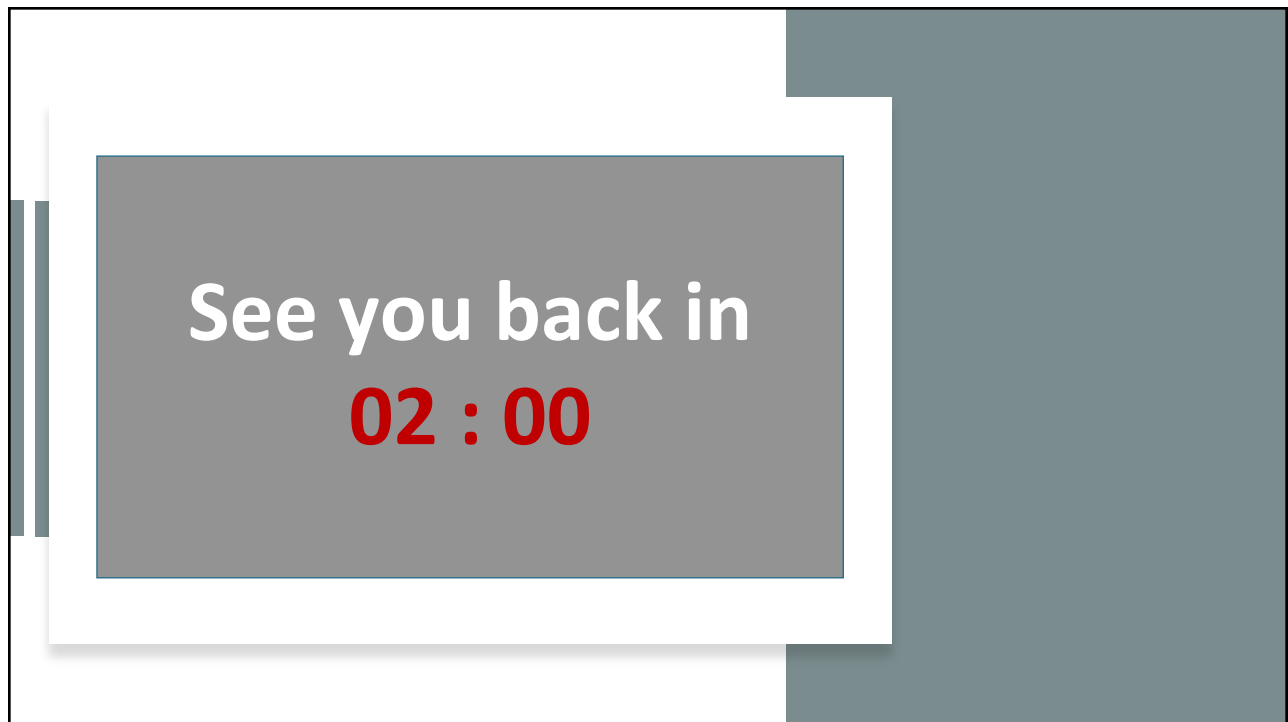
19



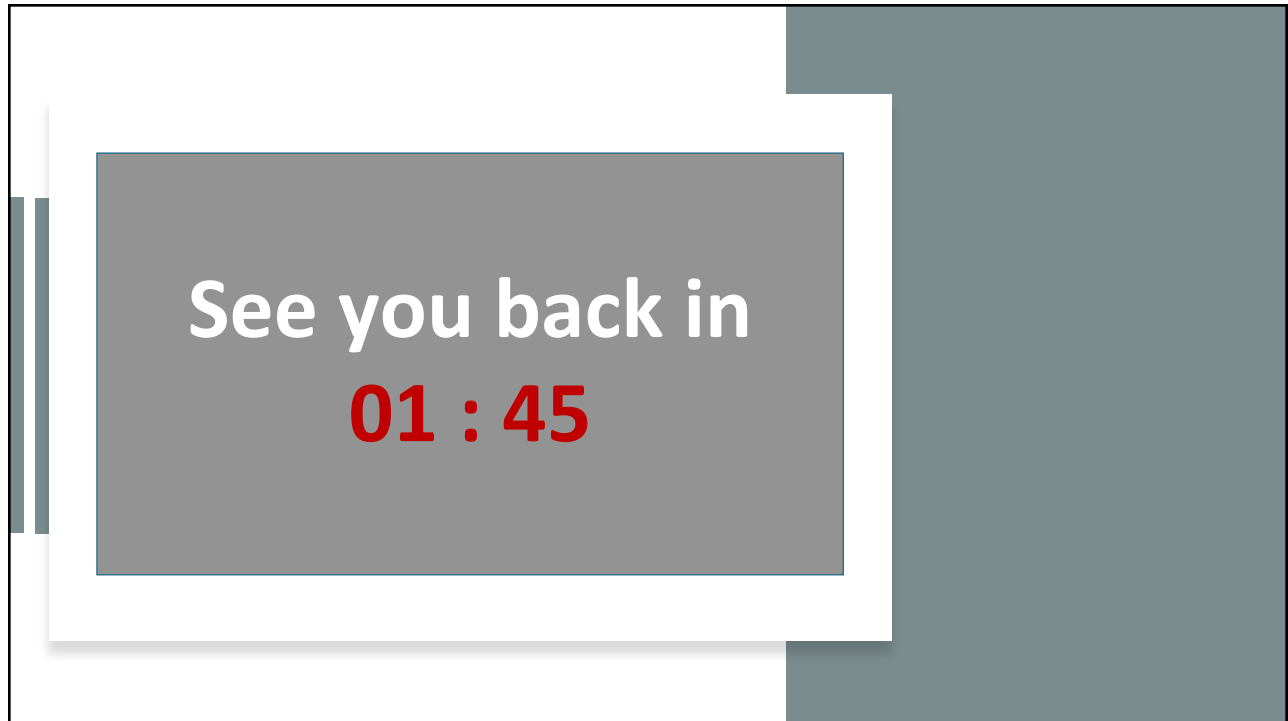
20



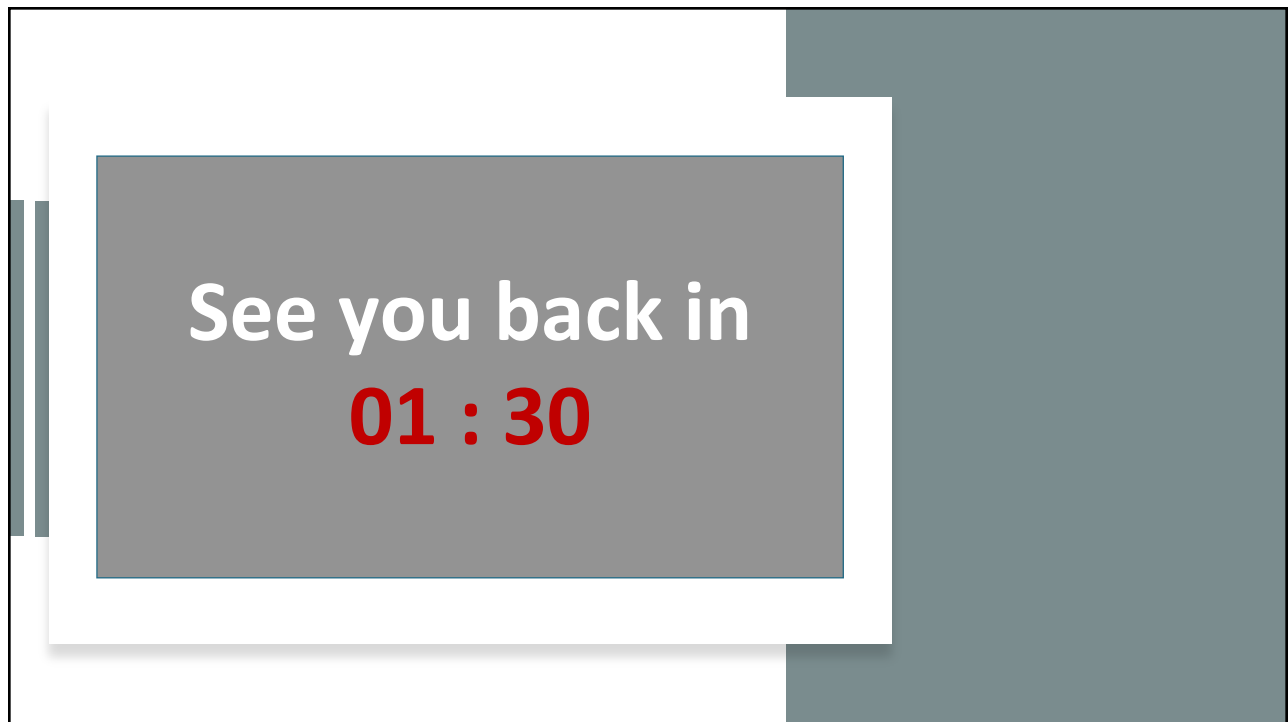
21



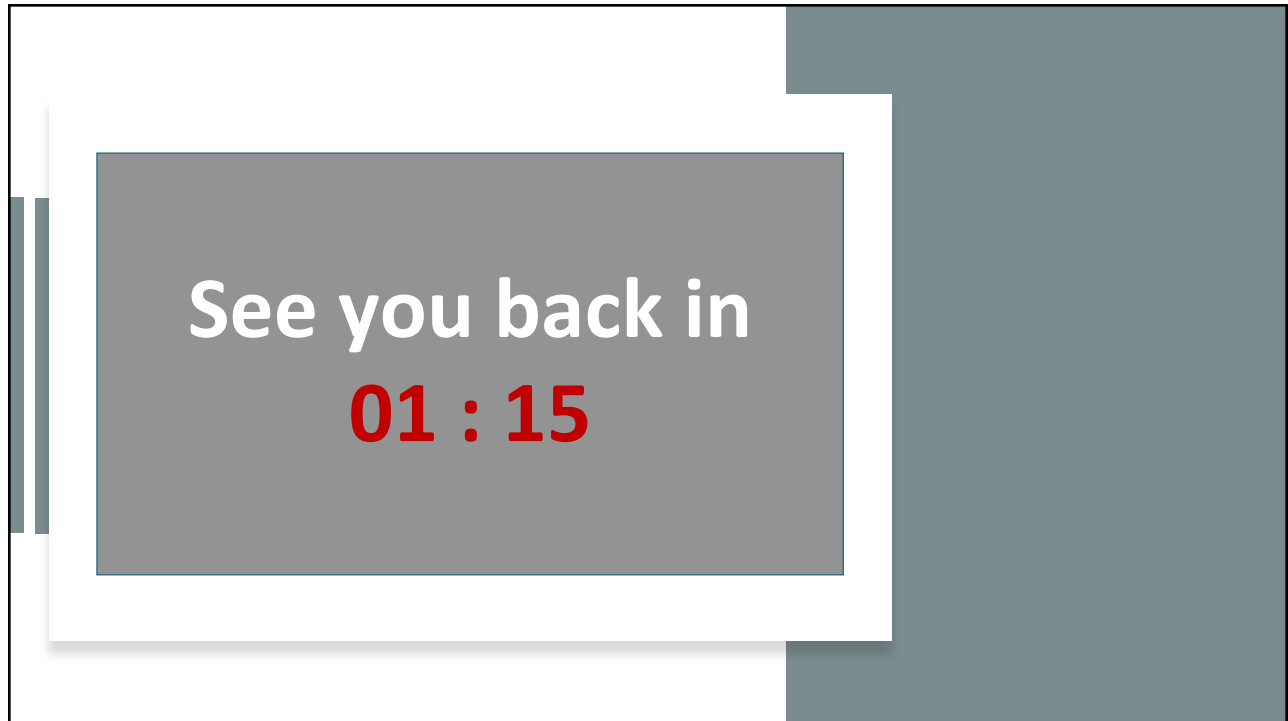
22



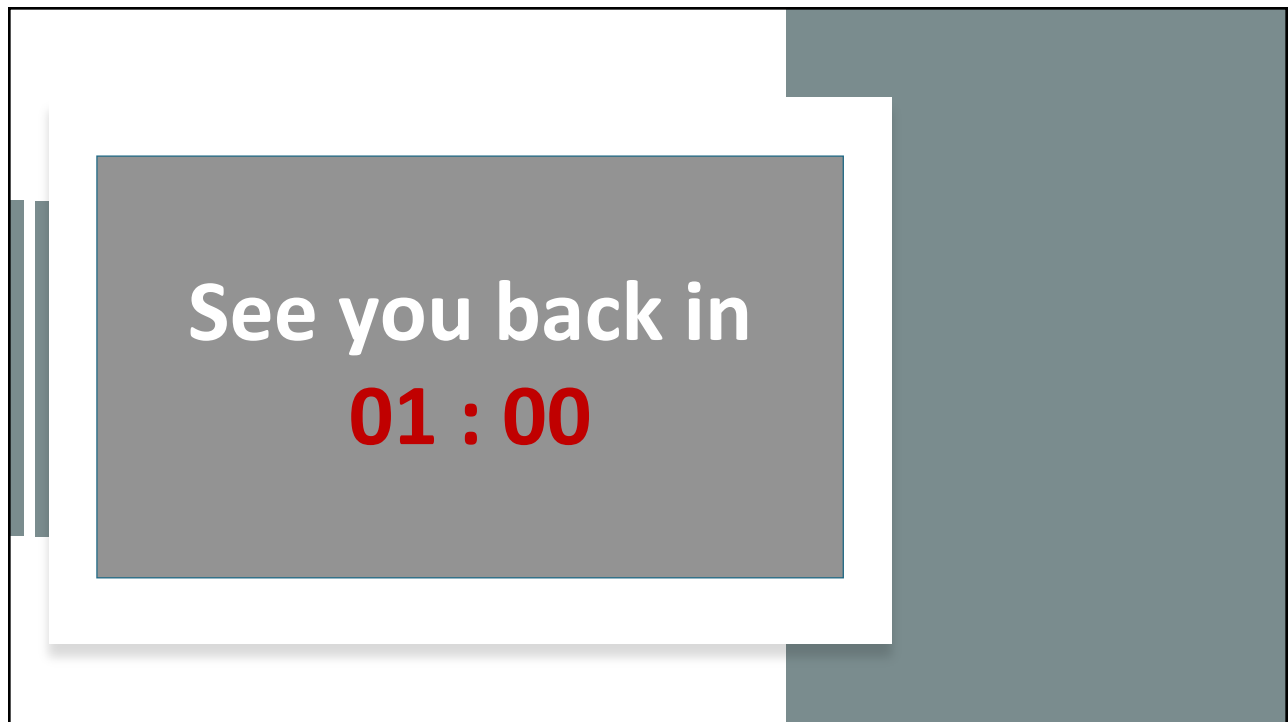
23



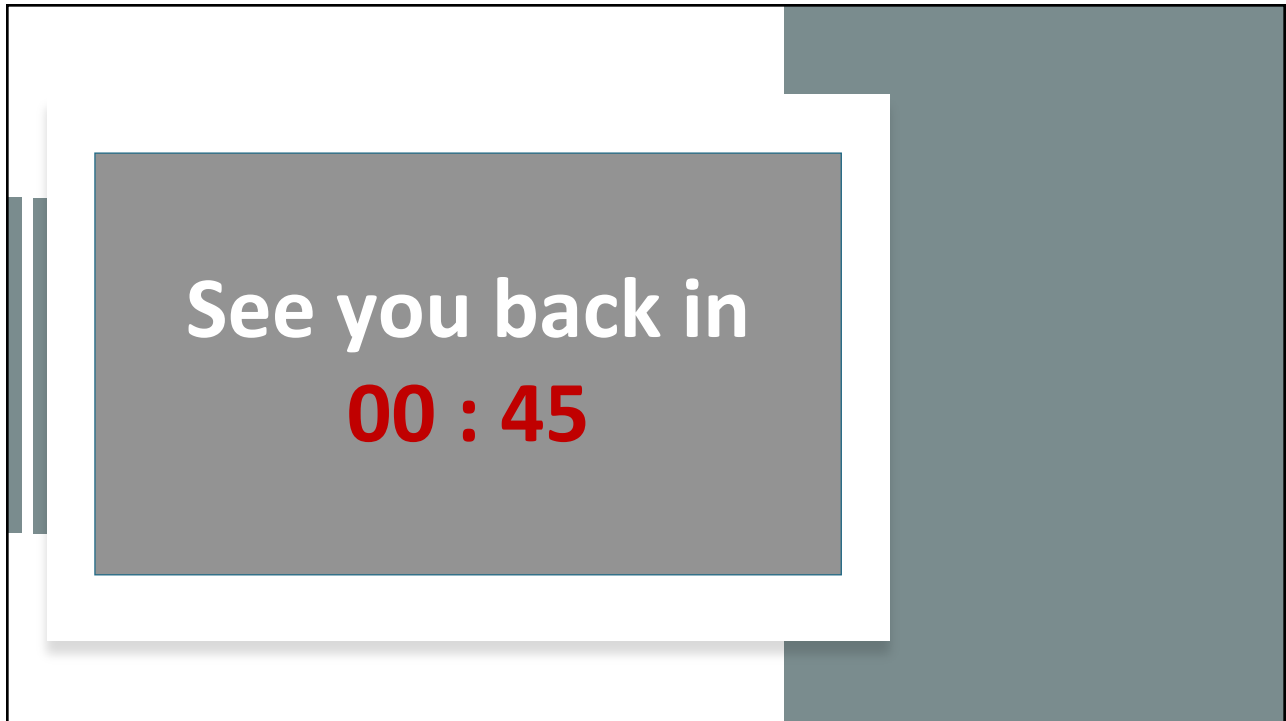
24



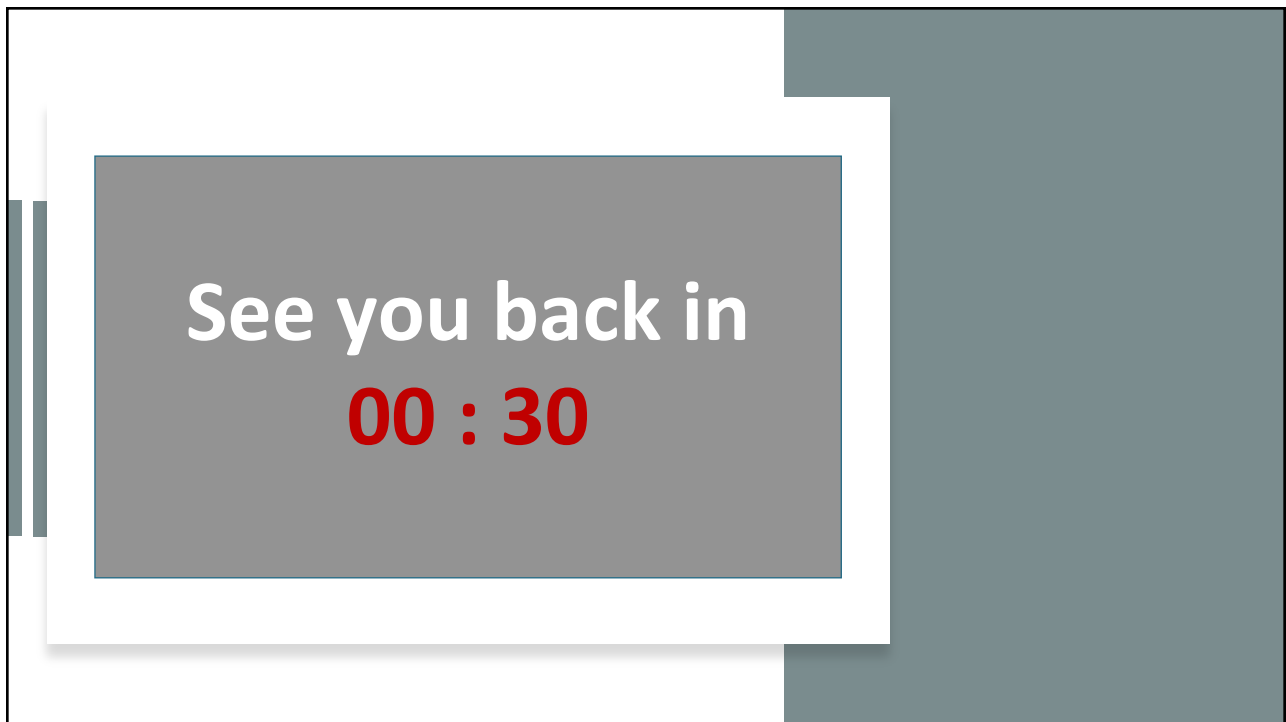
25



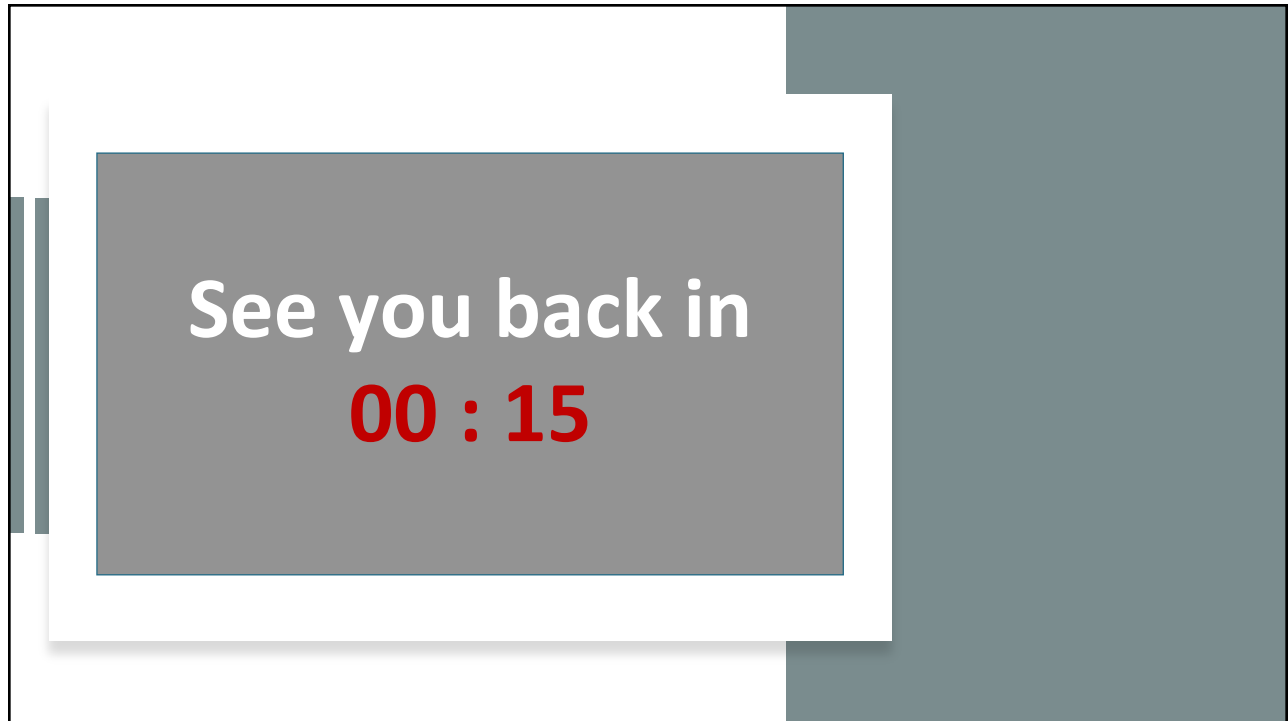
26



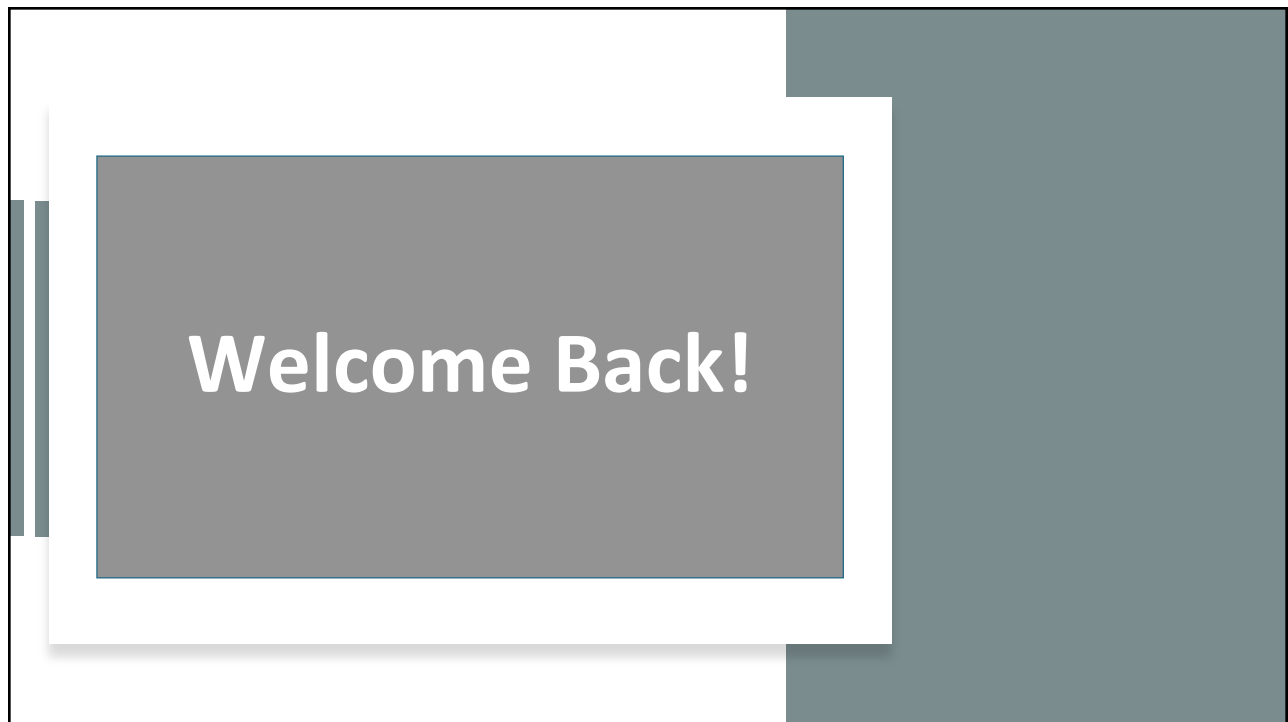
27



28



29



30

## Review of Positive Activities

They are activities which give you a sense of pleasure, meaning, or purpose

- They can be big or small
- Require some planning as they must be scheduled
- Be done alone or with others
- Can be brief lasting only a few moments or take all day

Examples:

- Reading
- Going for a walk
- Listening to music
- Helping a neighbor
- Doing a kind act
- Meeting a friend
- Being creative
- Taking a hike
- Gardening
- Watching children play
- Shopping
- Planning a trip
- Trying out a new recipe
- Watching a sunset
- Baking
- Listening to the bird sing
- Doing a puzzle
- Visiting a museum
- Volunteering
- Being needed
- Playing a game
- Yoga
- Smiling at a neighbor
- Being creative

31

## Making the List

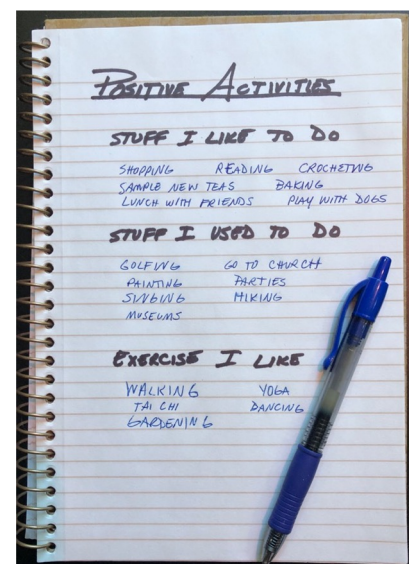
How are you currently spending your time?

What did you enjoy in the past?

- Can you do it now?
- Can it be modified to work now?

Brainstorm a list of activities you can do now

- Should be simple and easy to do.
- Have a few items that get your blood moving
- Think about barriers to doing each of these things
- Problem solve and make a plan for the barriers



32



## Importance of Staying Active

### Mental Health

- Effective as antidepressants
- Improved sense of well being
- Improve or maintain - some aspects of cognitive function, like your ability to shift quickly between tasks or plan an activity
- Improve sleep

### Physical Health

- Manage or prevent - arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer

### Goal for these Benefits

- 150 minutes (2 ½ hours) a week of moderate-intensity aerobic activity

### New to exercise?

<https://www.nia.nih.gov/health/exercise-physical-activity>



33

## PAL: Positive Activities Log

### Move your list to PAL

- On the Positive Activities Log (PAL) you'll see a numbered list from 1-10, put your top 10 there

### Schedule

- Try to schedule at least 4 per day by marking the PAL with a slash for the days you will do them

### Do the Task

- During the week as you complete your activity you can add the other slash to make an X

**PAL: Positive Activities Log**

Schedule (/) and mark (X) each day you do a positive activity. At the end of the day note your mood.

Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
<b>Total # of Activities Done</b>							
<b>Mood Score for Day</b>							

Mood Rating Scale

1 2 3 4 5 6 7 8 9 10

Very Sad                      So-So                      Very Happy

34

## Using this Skill

### For effective use of this skill

- Scheduling is an important part of the process - don't look back over your day and count things you already did. It must be scheduled.
- Don't wait to do things until you feel like it or wait until you are motivated – just follow the plan and trust the process.
- Research has shown that the best dose for the positive activities is 4 per day to reduce depressive symptoms and maintain their absence.

**It is important to get 4 positive activities  
scheduled into your day and then do them!**



35

## Going Forward

### REVISING YOUR LIST

#### **After the first week:**

Which activities were done? Which ones were not? What stopped you?  
Can the activity be modified?  
Should you switch it out for another one?

#### **The goal:**

To find 10 activities you can use to lift your mood whenever you need it

36

## Going Forward

### FIGURING OUT YOUR DOSE

#### You may notice:

- Connection between how many PA in your day and your mood
- Some types of activities may work for you more than others

#### On average:

- 4 positive activities a day keeps the blues away

37

## Take Away

---

- Depressive symptoms are common during caregiving. Taking the time to enjoy yourself will help you feel less stressed and a better caregiver.
- Scheduling and then doing positive activities can help to manage mood.
- It is important to do the scheduled activity, even if you don't feel like it. Make a plan and do the plan – trust in the process.

38

## Making This Work for You

**Positive Activities**

- Create a list of positive activities
- Schedule 4 Positive Activities each day
- Do the activities as scheduled
- At the end of each day note your mood rating for that day

**Activities**

- Each week, revise your list until you have a solid 10 you can depend on
- Add activities to your schedule whenever you are feeling down or notice you are getting very irritable

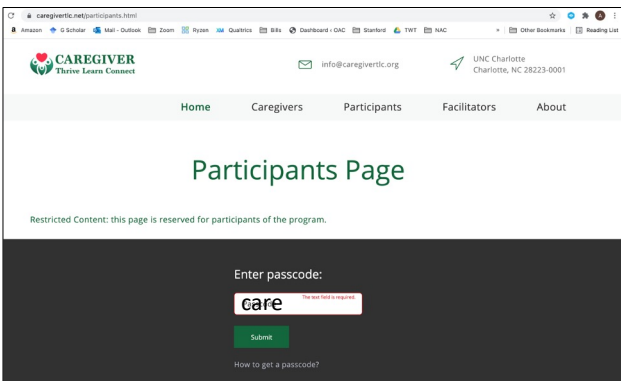
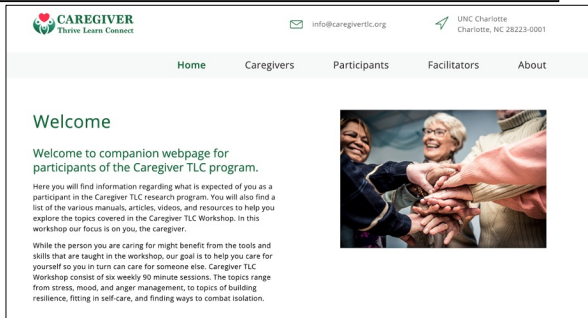


Set a Deadline	Why this one?	What will you pair it with?	Optional Break it Down	Reminders	Run into Problems Getting it Done?
Be realistic in your deadline.	How will this help you?	Do it with something you already do.	Take large tasks & break it into steps.	Phone Alarms Post-Its Tape to Mirror	 ID the issue Brainstorm solutions Try it out

39

## Access To The Website

**URL: [caregivertlc.org](https://caregivertlc.org)**  
**Select: [Participants](#)**  
**Passcode: [care](#)**

40

**Before  
you leave,  
Please  
complete  
our poll.**

