


Caregiver
TLC

THRIVE
LEARN
CONNECT

COPING WITH FRUSTRATION



OPTIMAL
AGING
CENTER

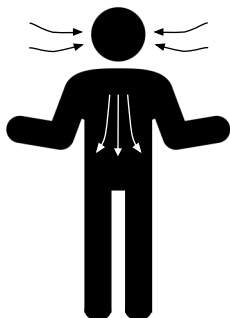
Caregiver TLC is a derivative of the Coping With Caregiving 2.0 Suite

1

Deep Breathing

Take 10 deep breaths

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



2

Check In




Self-Care List




Top Three

3


Today's Topics



Negative Emotions

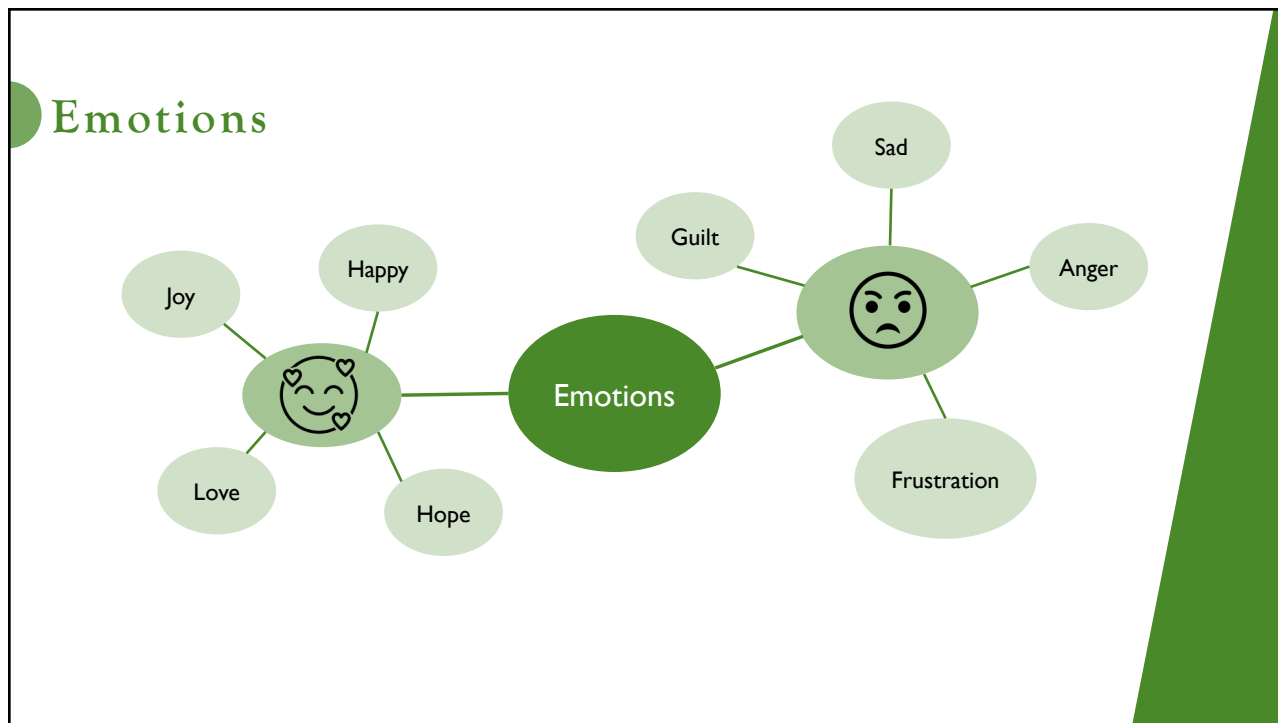


Recognizing Intensity



Strategies for Managing

4



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I shouldn't have said/done that!

Everyone reacts in different ways


- Genetics
- Biology
- Environmental
- Situational

Emotions themselves just are - they are not bad or good

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graph TD; Angry[Angry] --> Sad[Sad]; Angry --> Frustrated[Frustrated];
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Three Parts to Emotion




How you feel

How your body reacts

How you behave

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Range of Anger




CALM	ANNOYED	UPSET	FRUSTRATED	ANGRY	FURIOUS
no strong emotion	slightly angry or irritated	unhappy, disappointed or worried	upset because you can't change something	strong feeling- someone did you wrong	wild, intense anger

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How Do You Know?

Anger Mapping 

FEELING	CALM	ANNOYED	UPSET	FRUSTRATED	ANGRY	FURIOUS
What do you tell yourself?						
Where do you feel it in your body?						

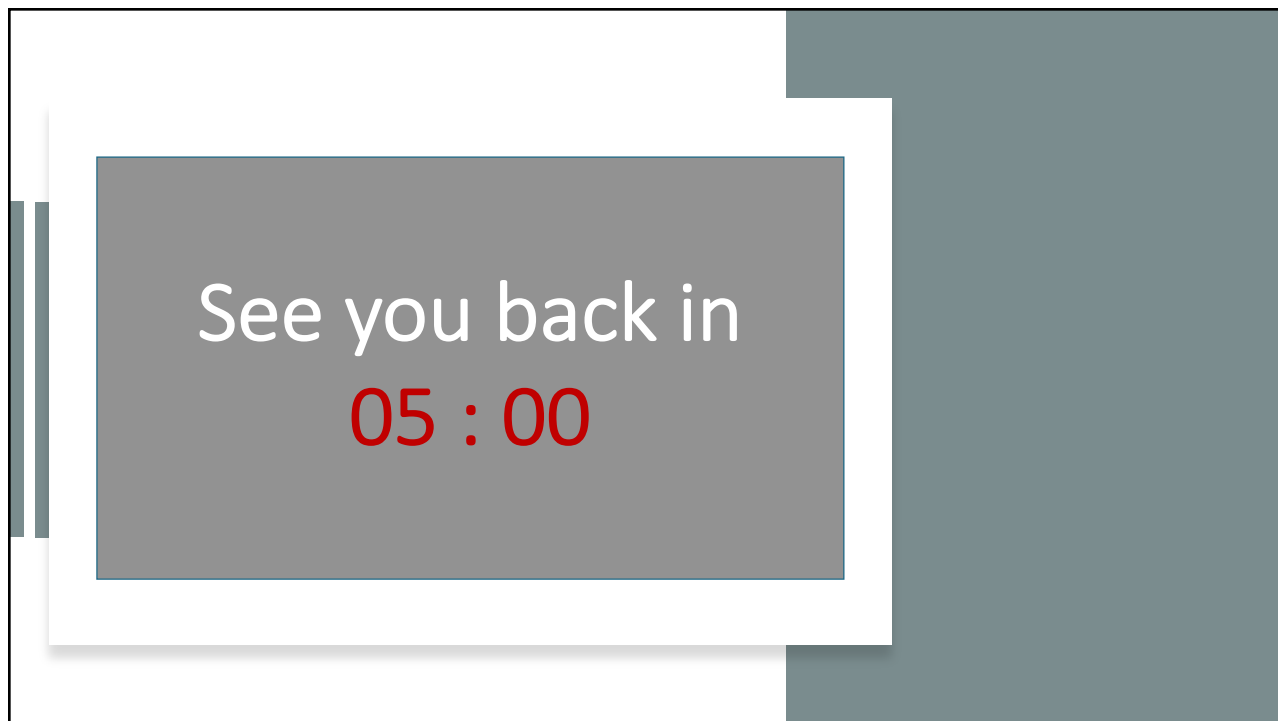
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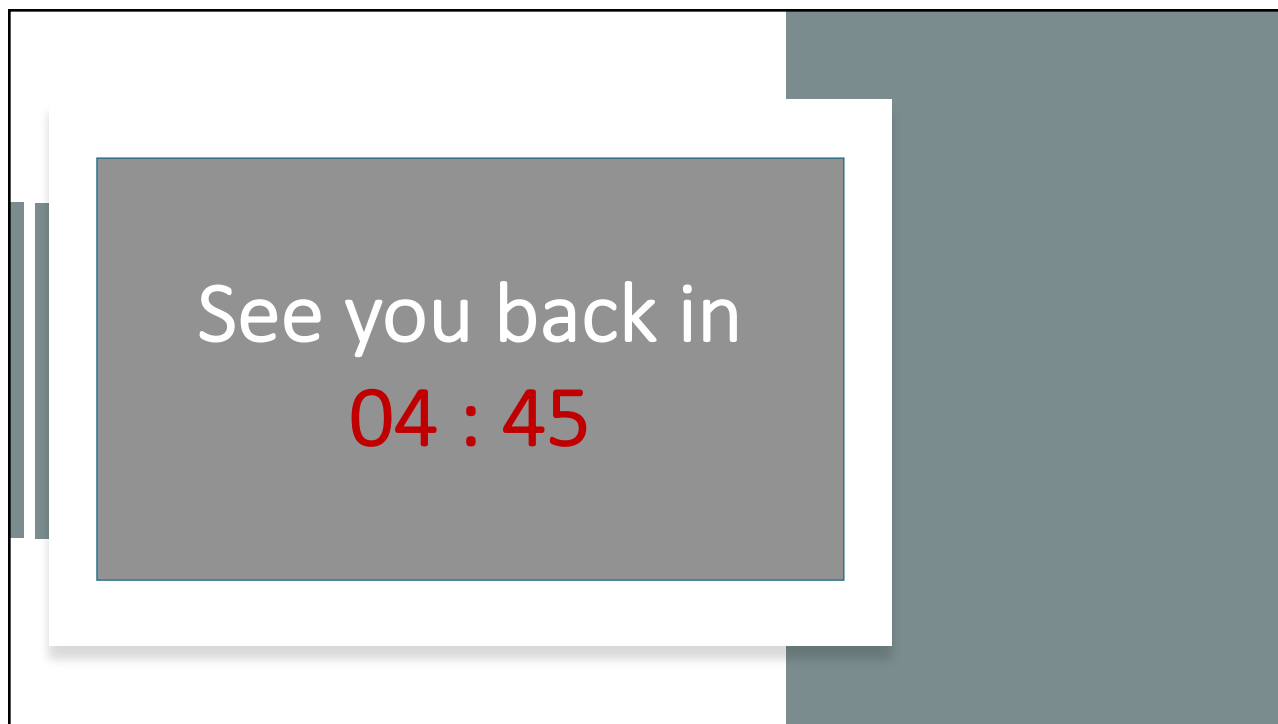
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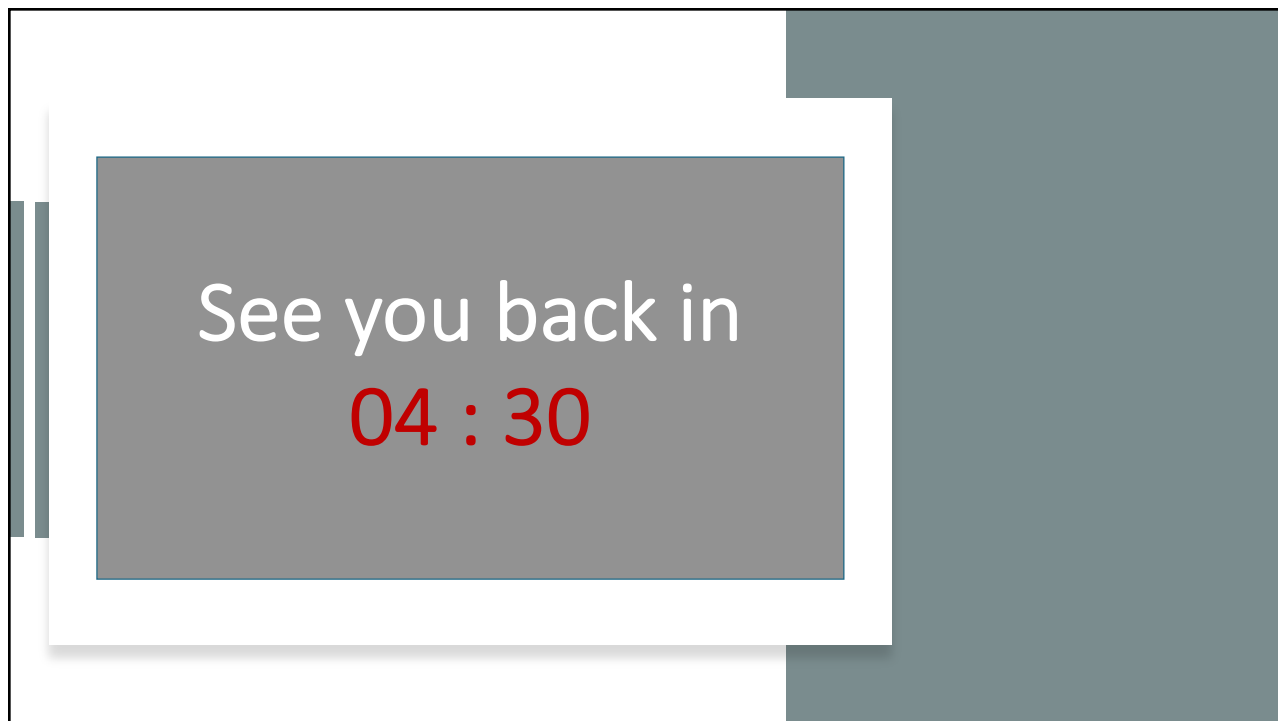
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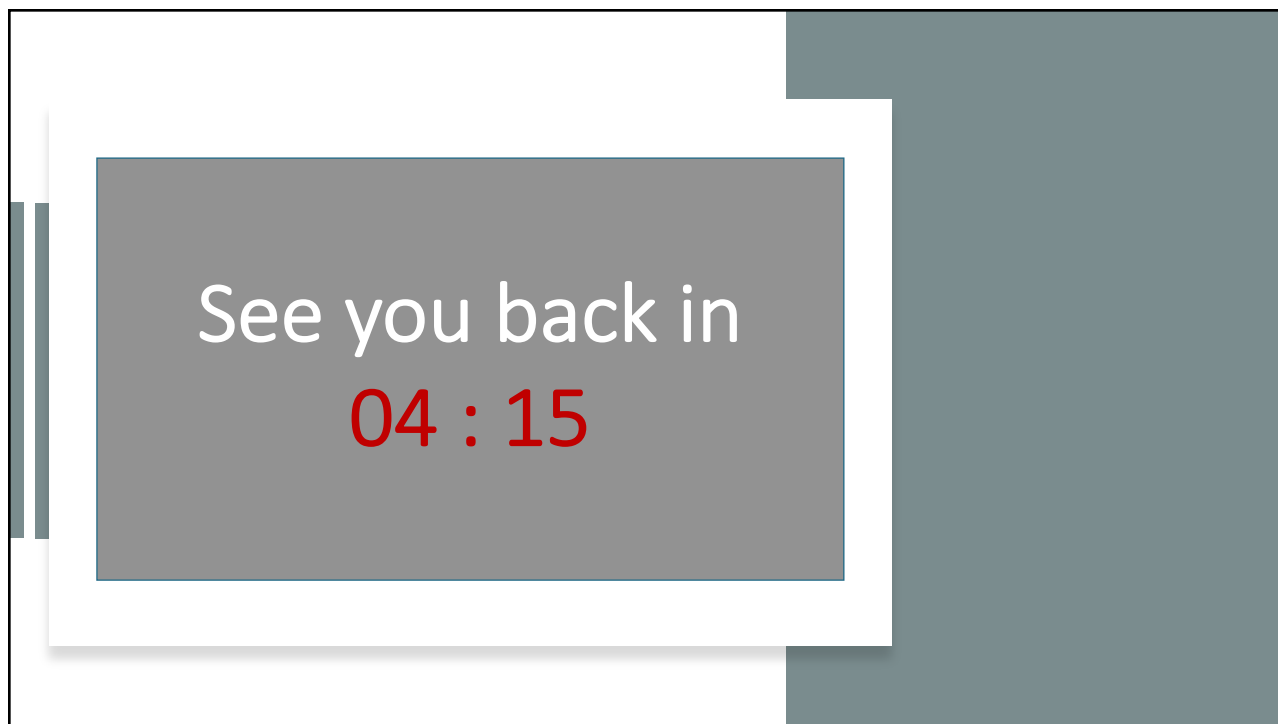
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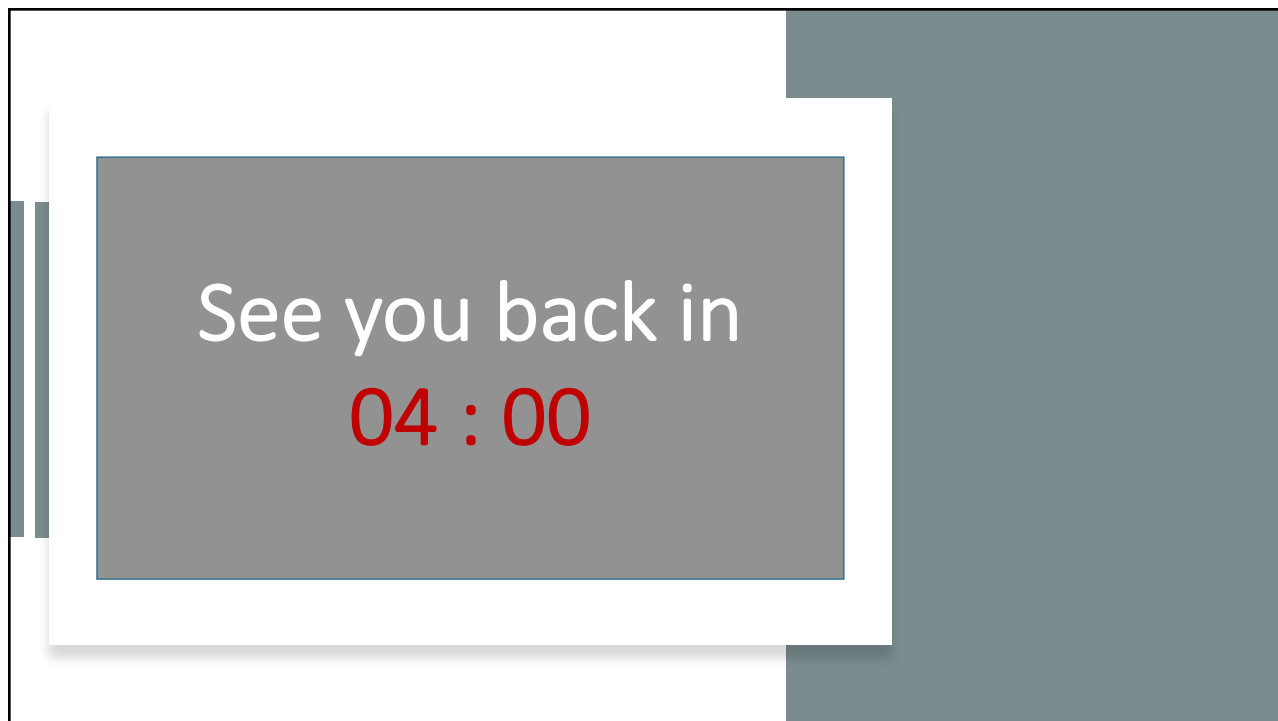
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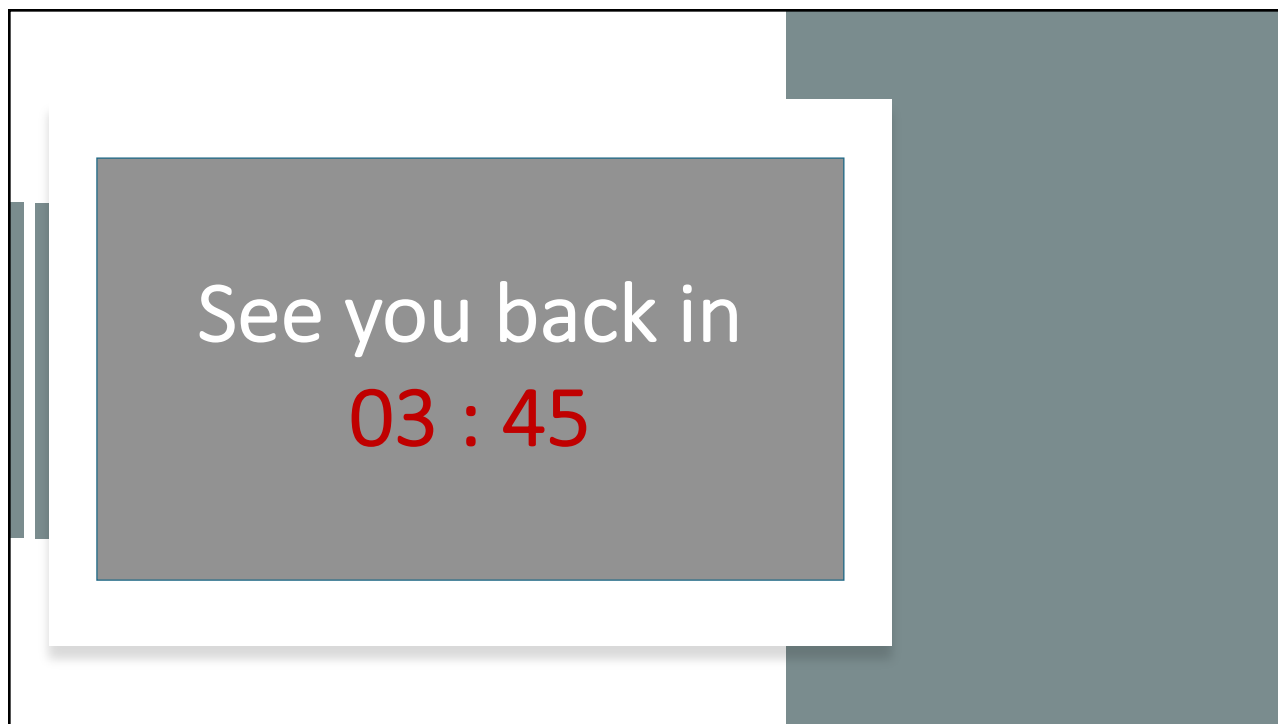
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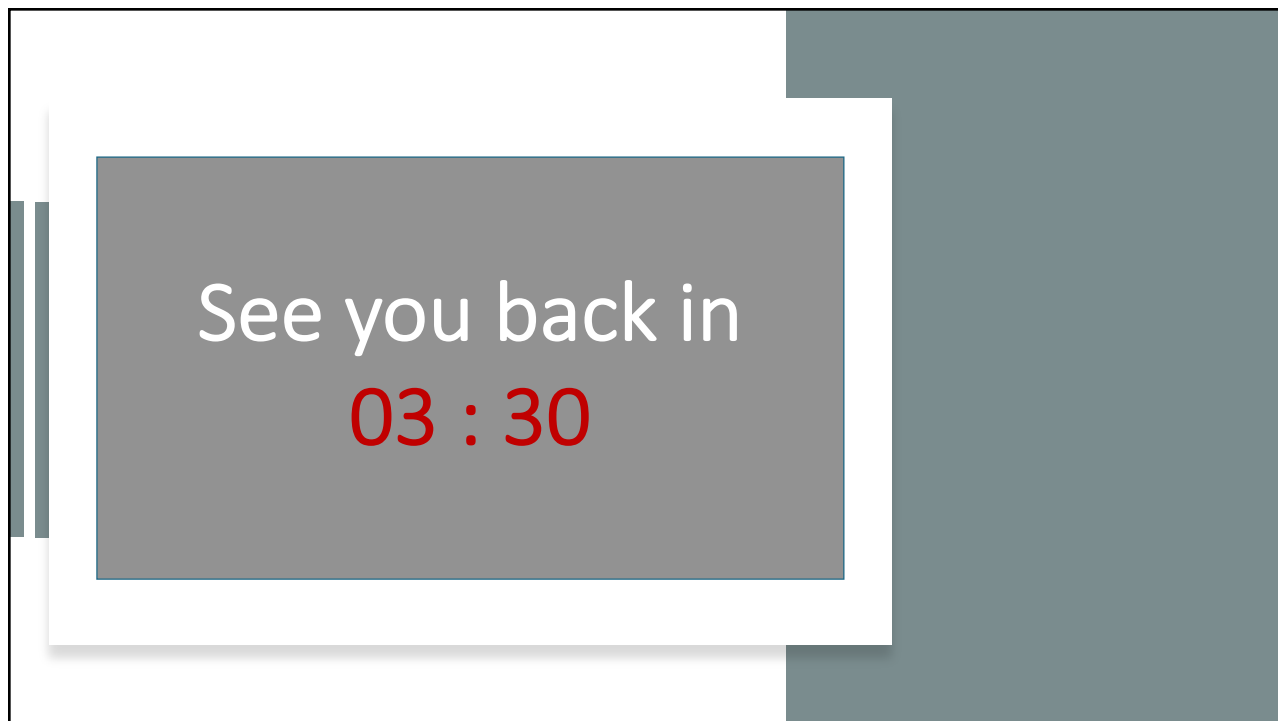
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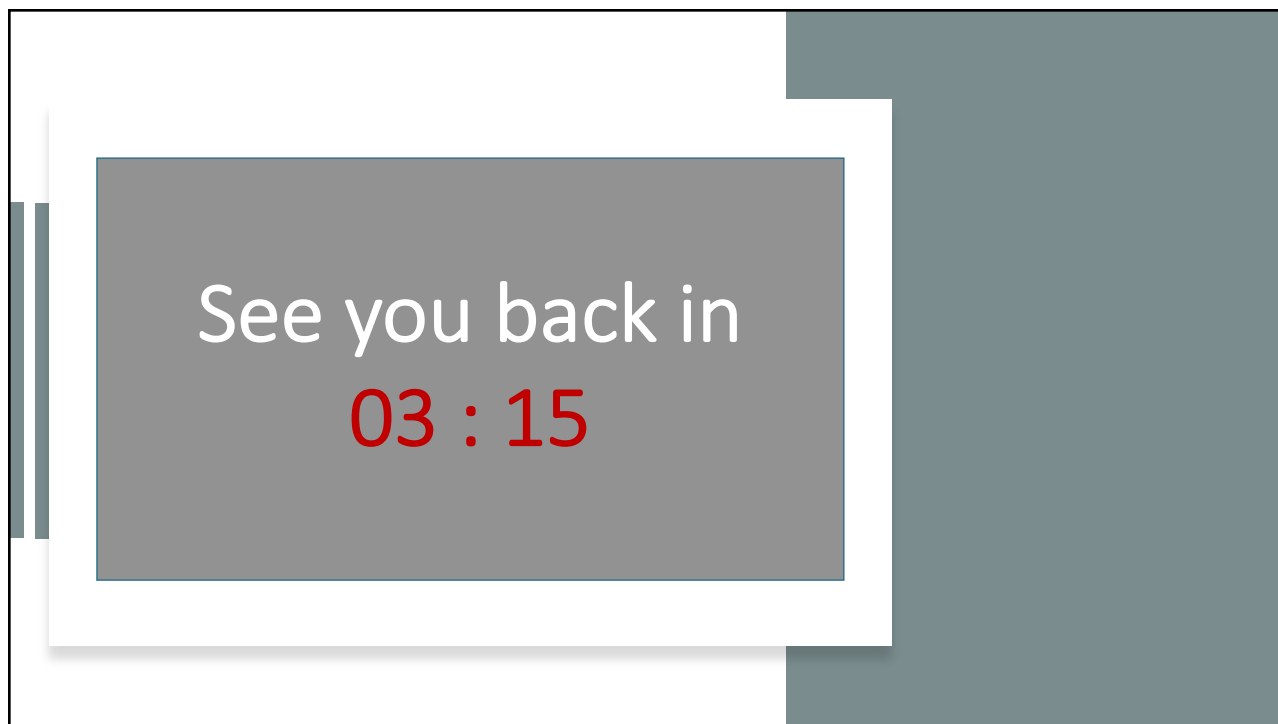
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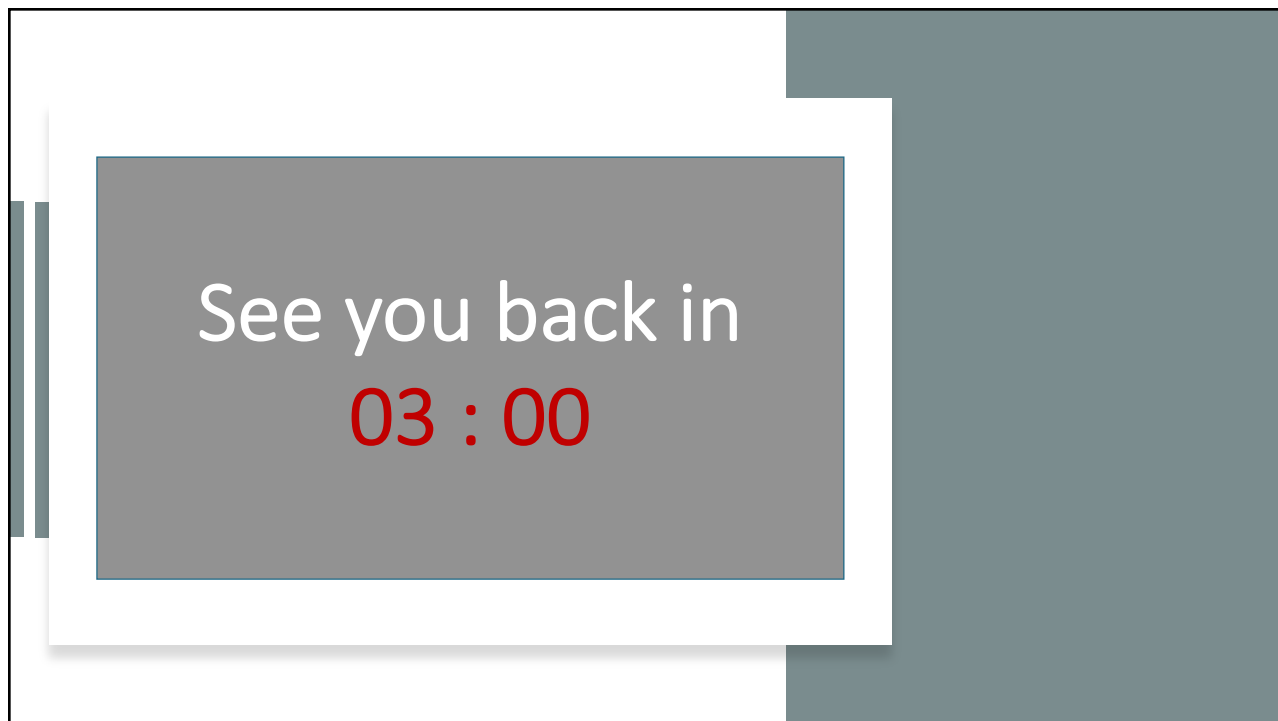
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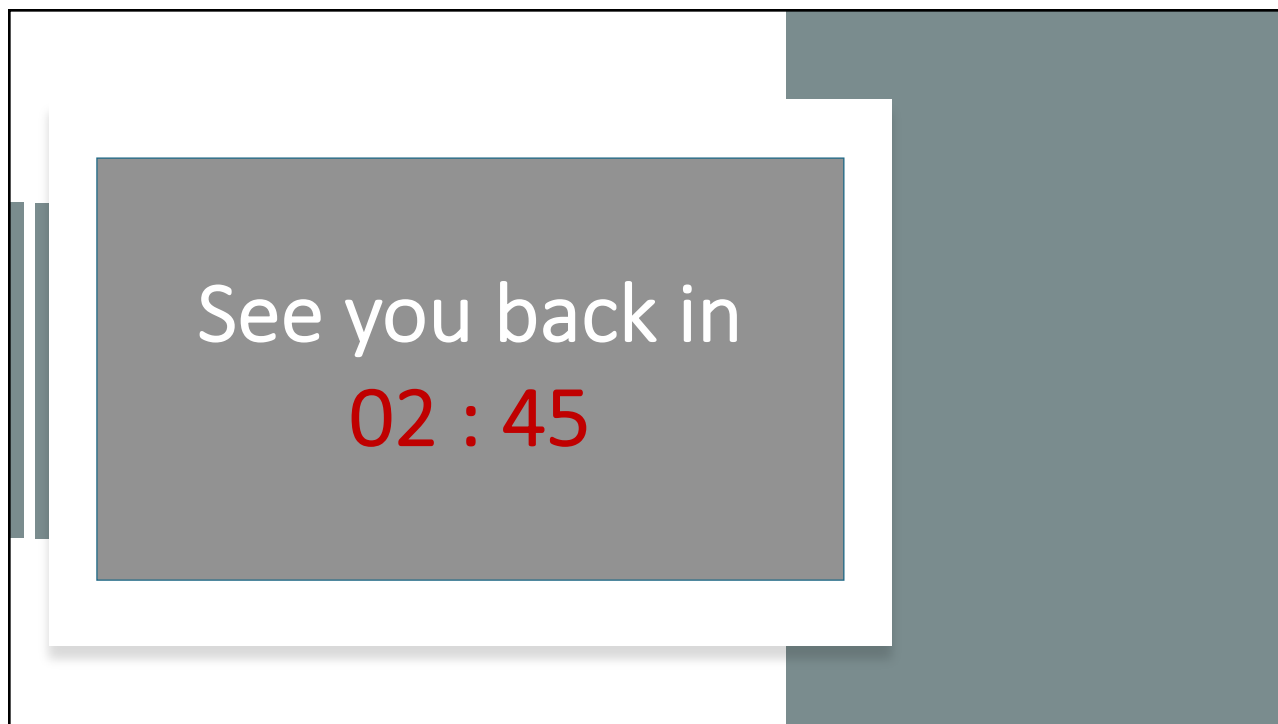
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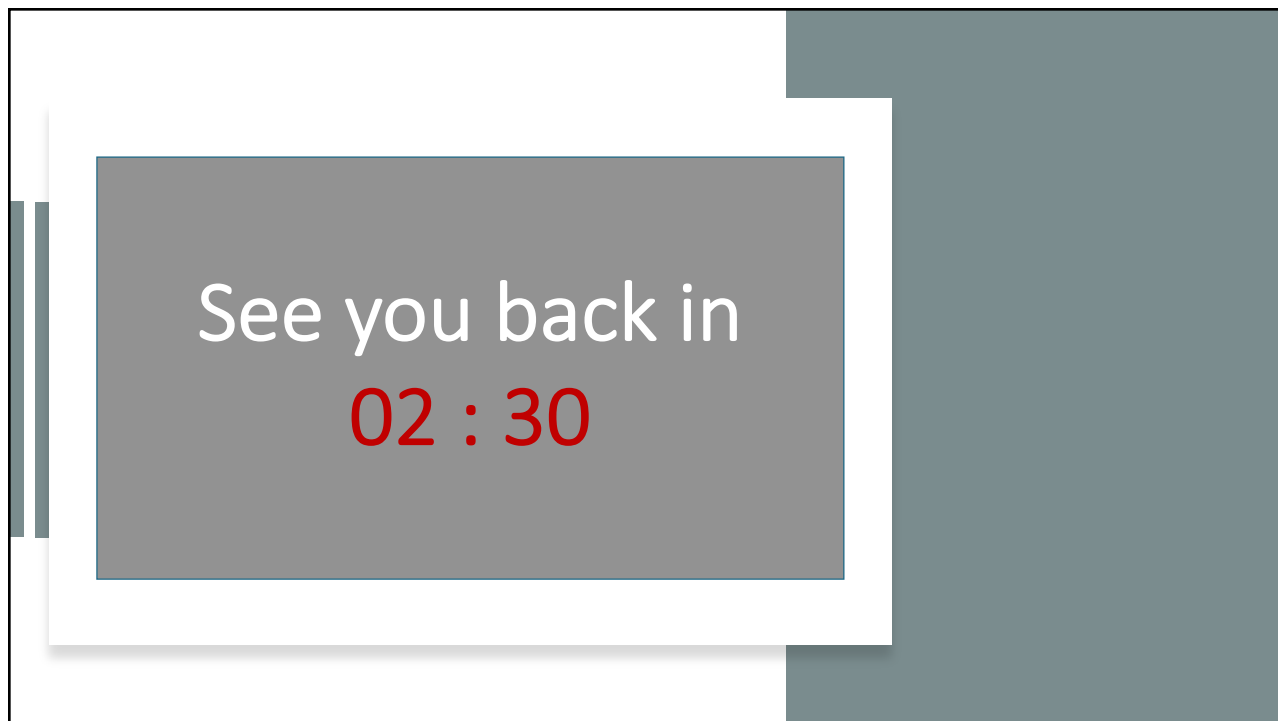
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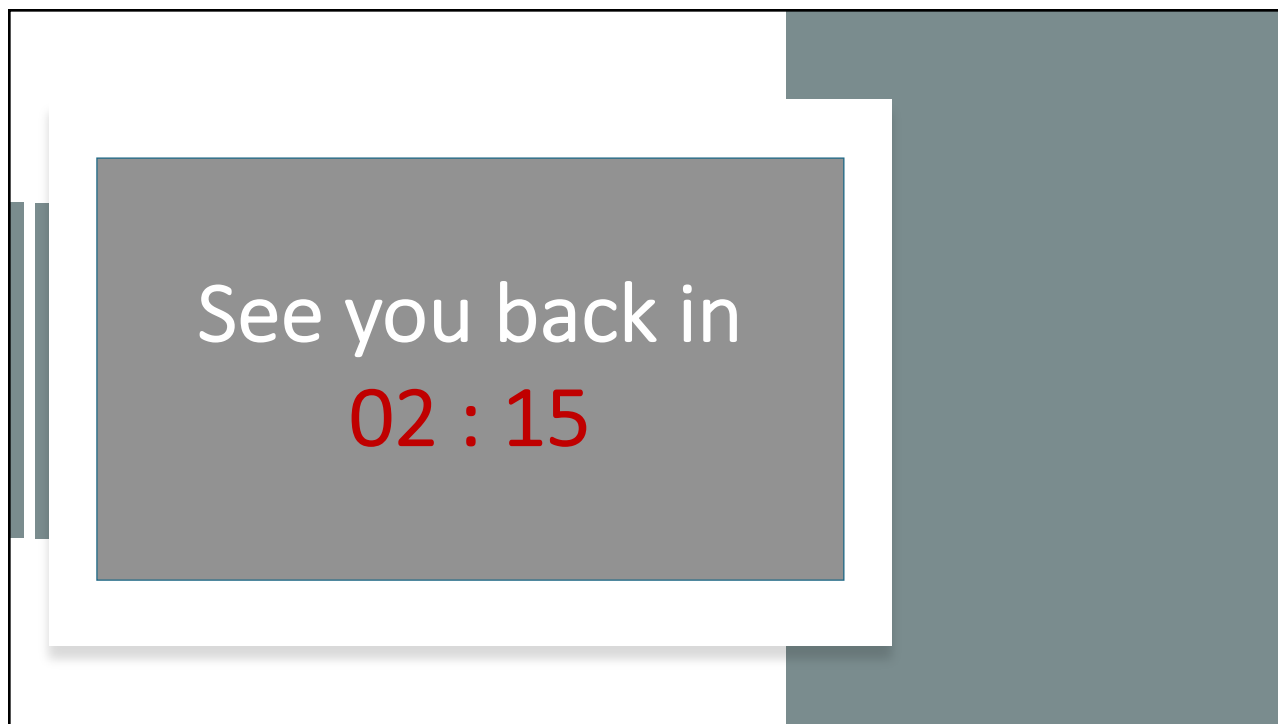
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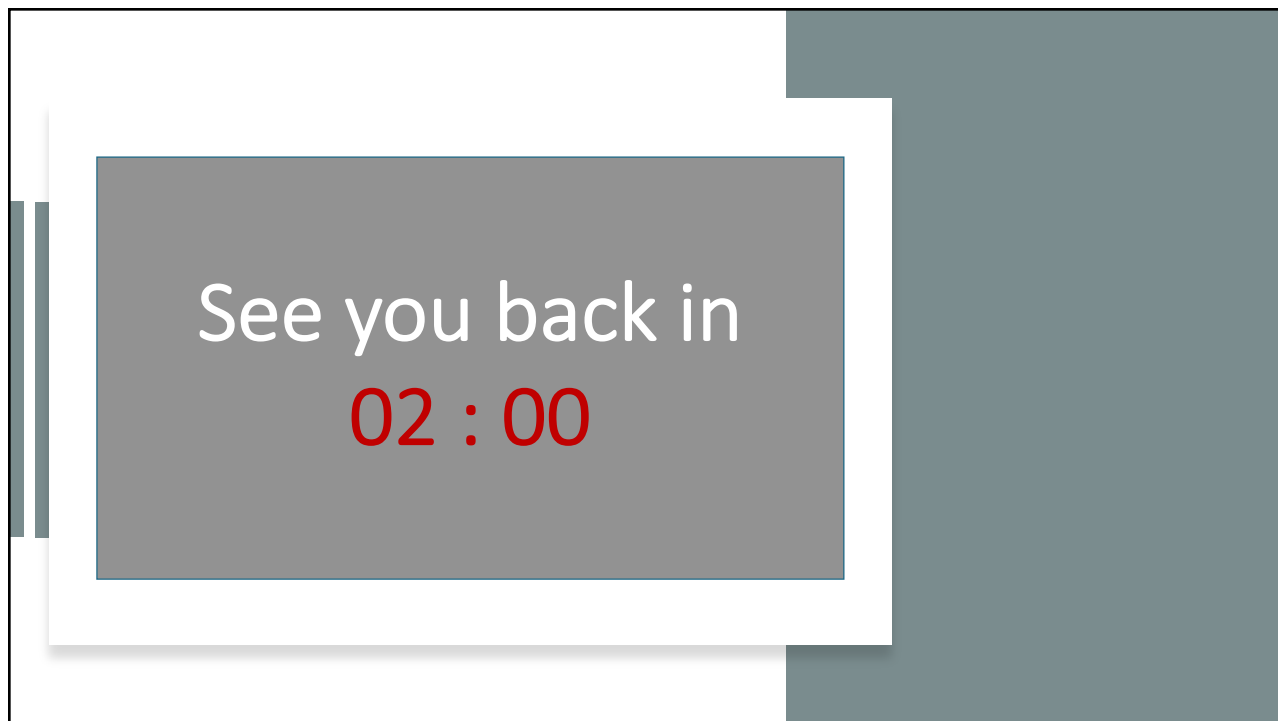
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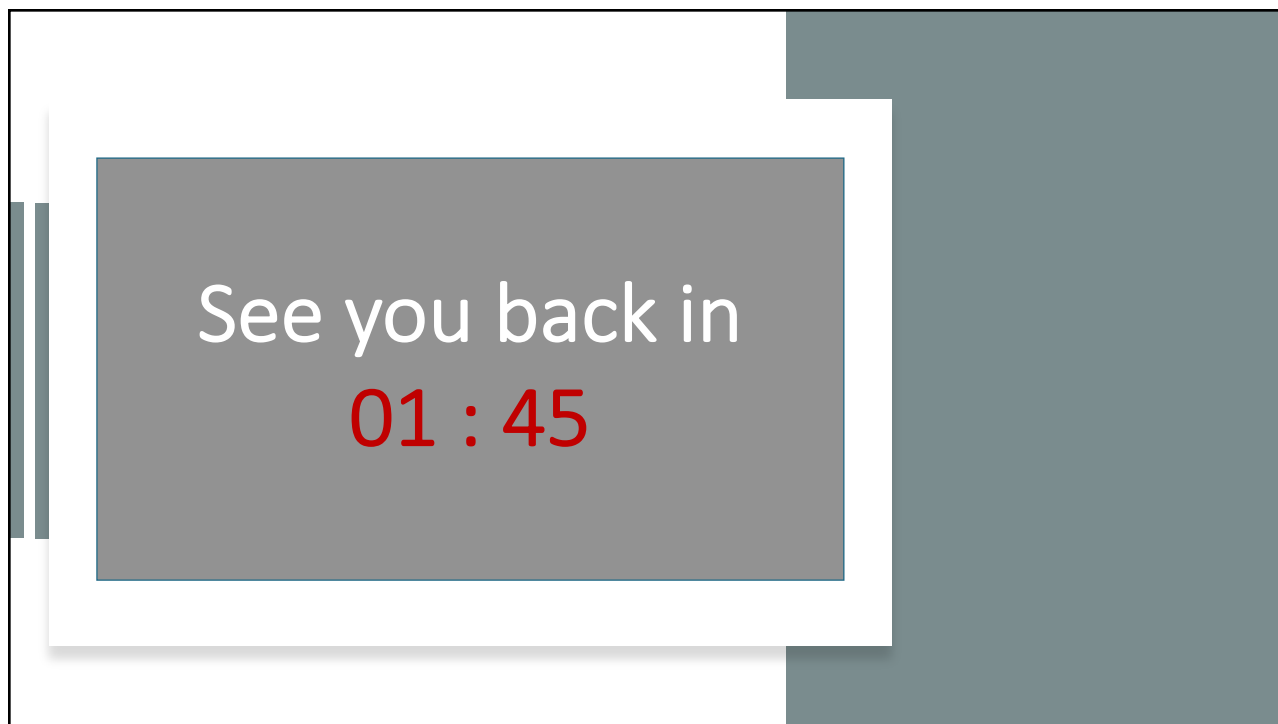
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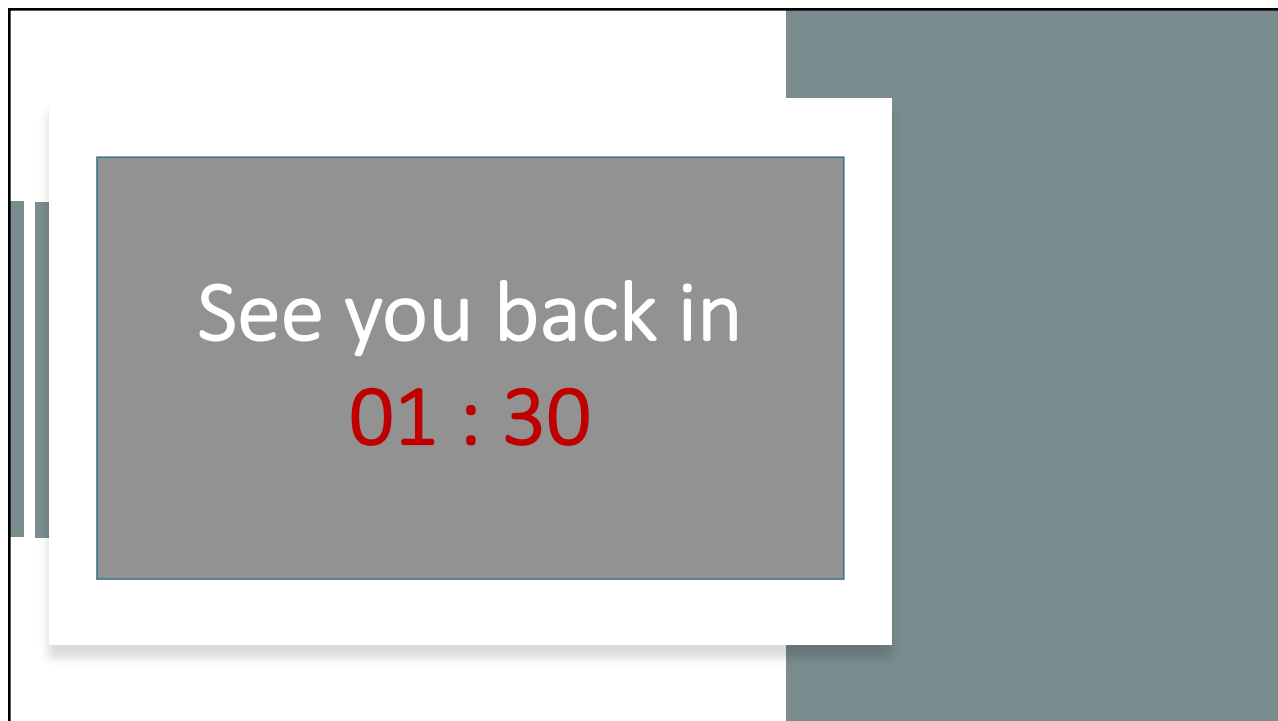
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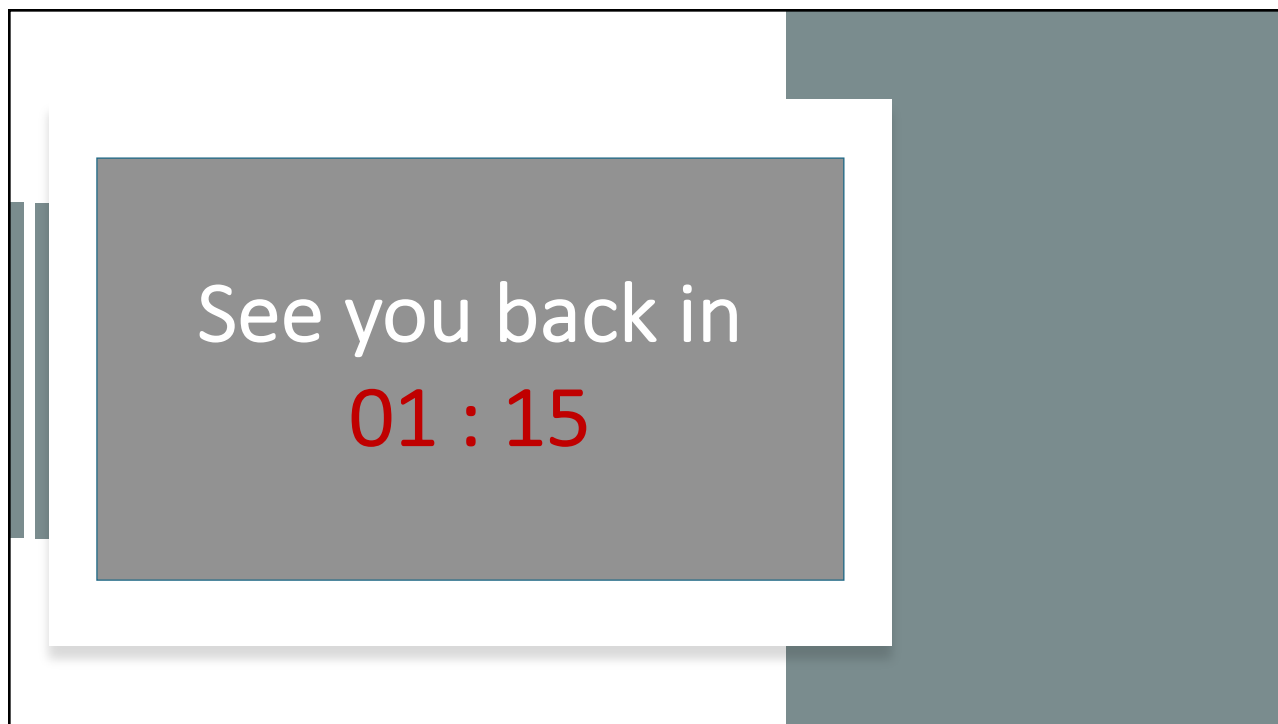
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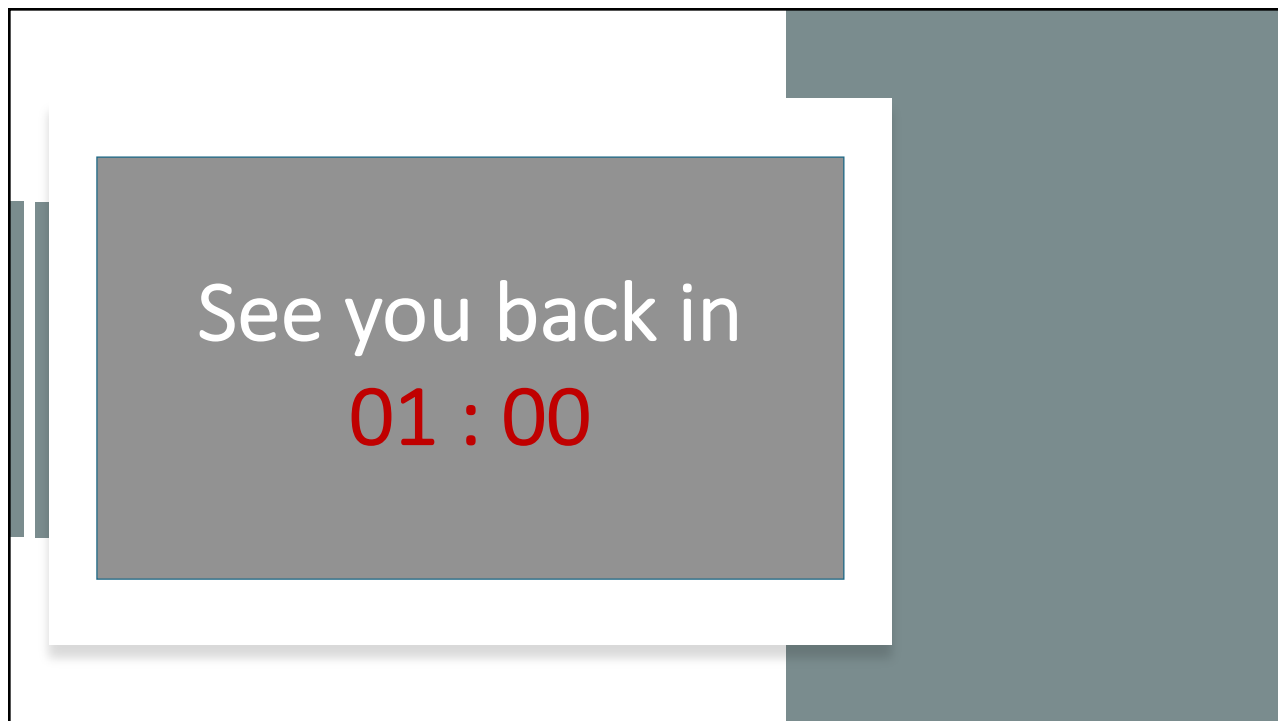
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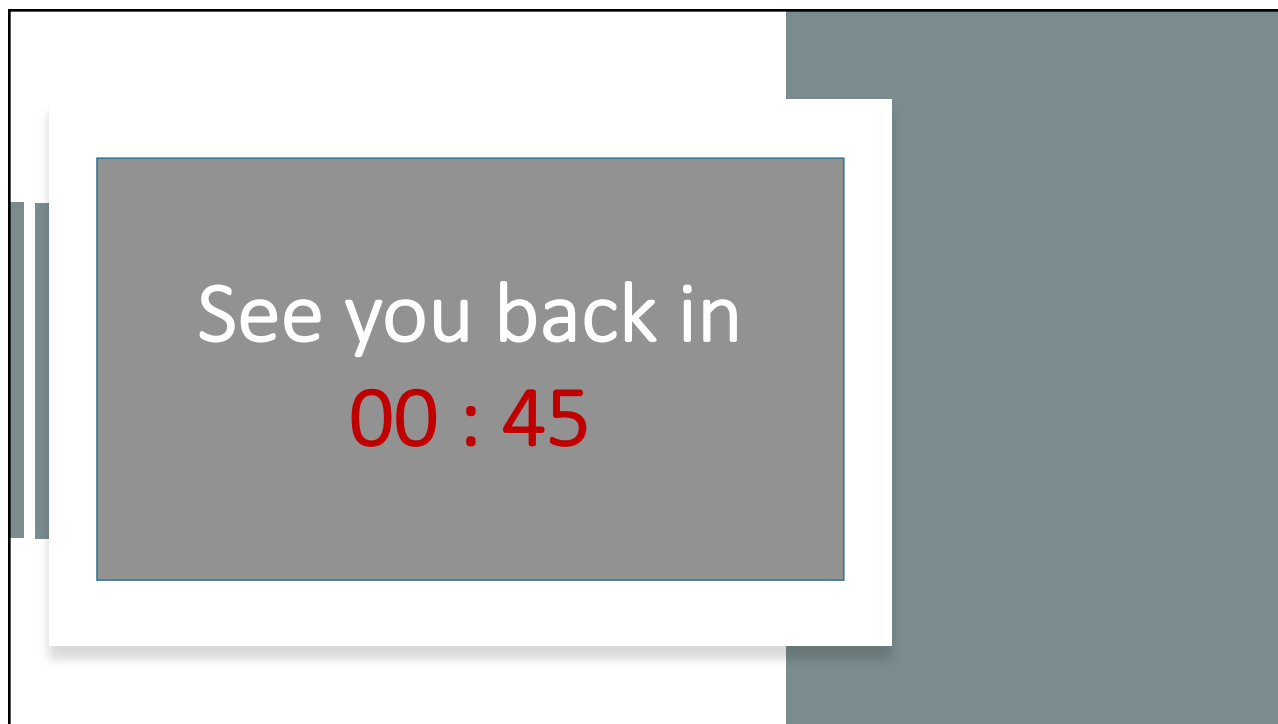
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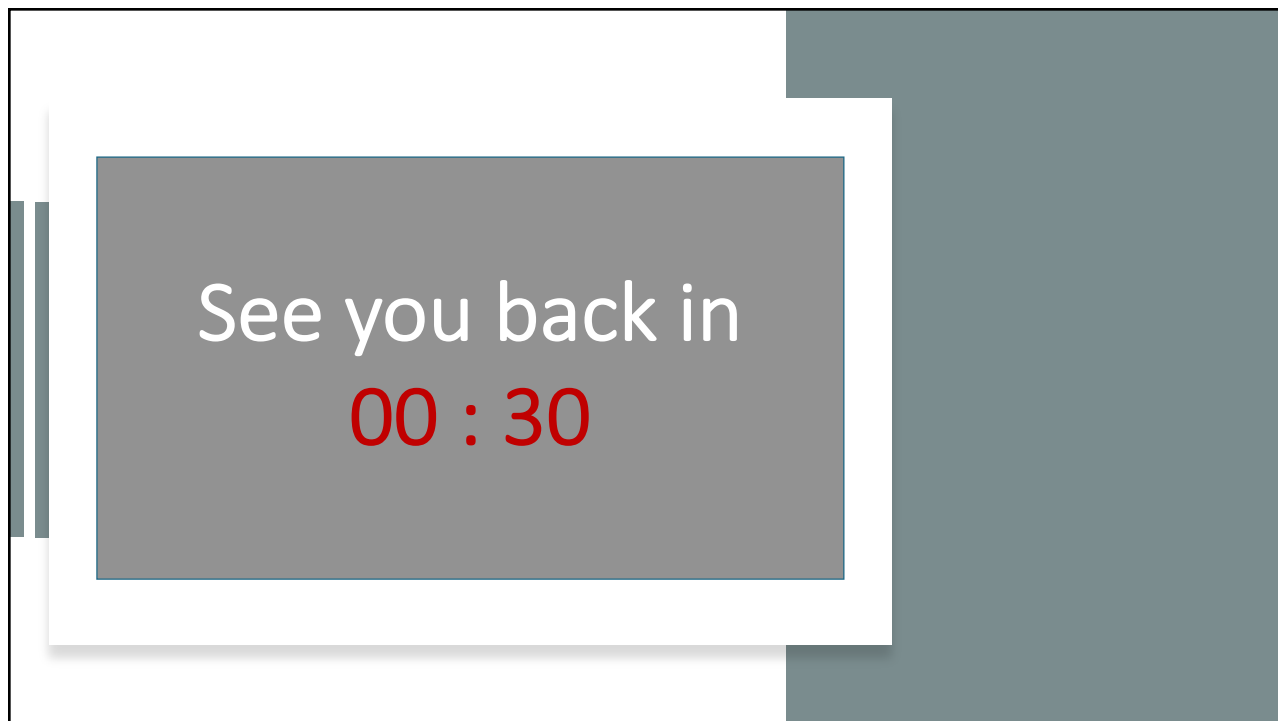
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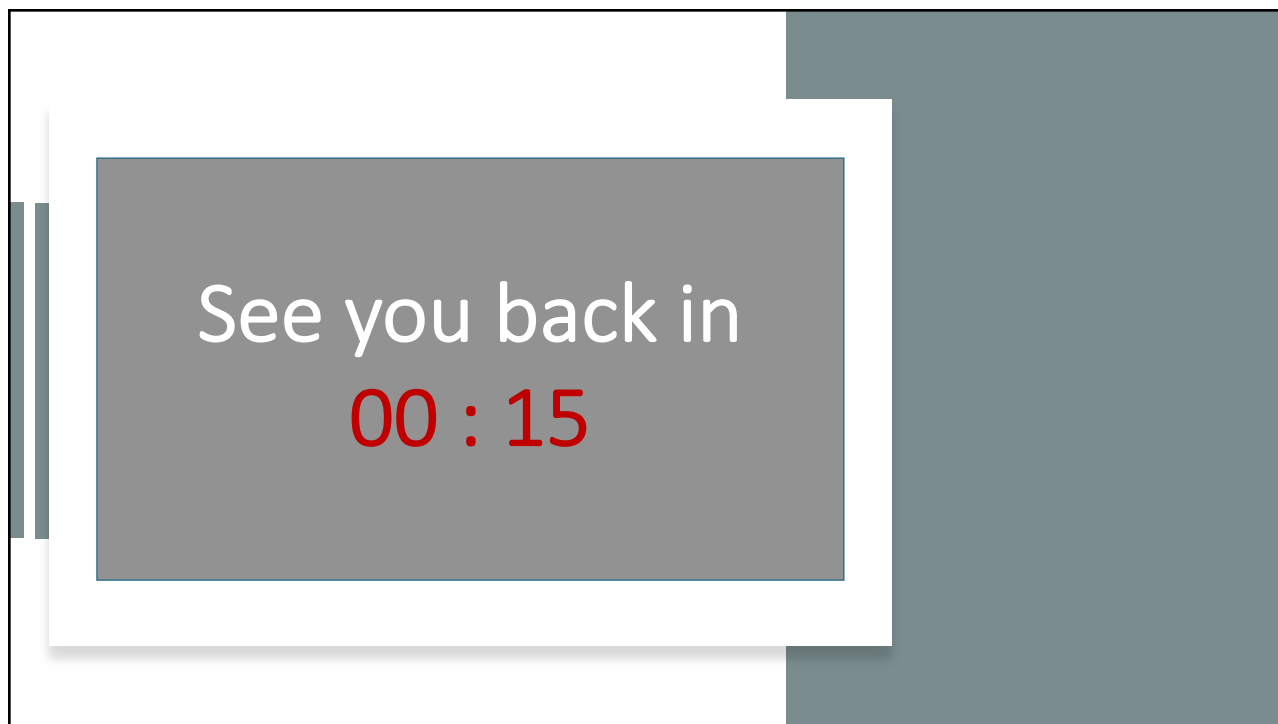
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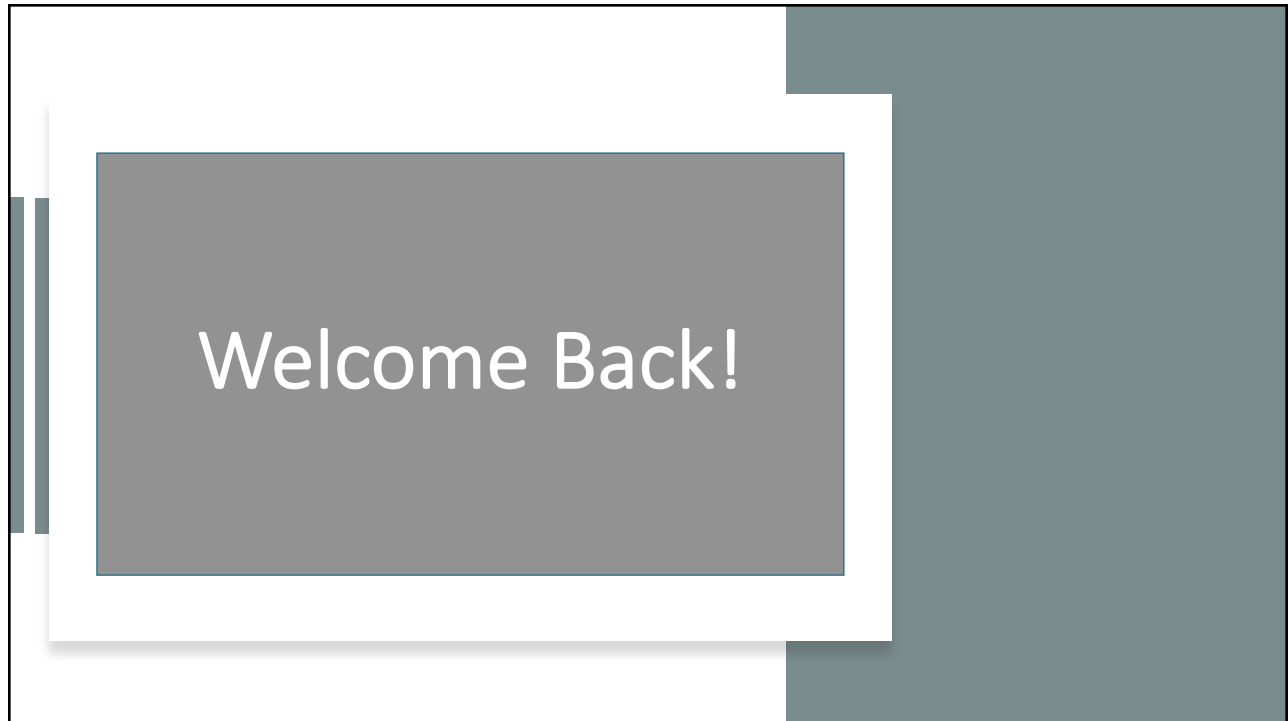
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Taking 10 Breaths

Giving you space to respond rather than react

FIRST TIME	Sit comfortably in a chair and close your eyes. Notice your breathing. Just observe your own breath for a couple of breaths.
STEP 1: SLOW	Breath in through your nose for a count of 5, pause Breath out through your mouth for a count of 5
STEP 2: TAKE 10	Continue this practice for at least 10 breath cycles (in/out).
STEP 3: REPEAT	If still upset, do another 10 breaths.

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Self Talk

What we tell our self when we are angry is powerful
It can mean the difference between handling your anger well or not

I can't do
this
anymore!

He does this on
purpose.

I'm a
horrible
caregiver!

It is important to be aware of what you tell yourself

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STOP



- S** Stop
- T** Take 10 Breaths
- O** Observe: What's happening in me?
- P** Proceed Differently

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Proceeding Differently

Annoyed or upset?

- Change the self-talk
- Find the humor in the situation

Frustrated?

- Change the self-talk
- Take 10 breaths

Angry or furious?

- Walk away
- Take 10 breaths
- Exercise your anger away
- Wait to re-engage until calmer

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Take Away


- Both positive and negative emotions are a normal part of caregiving.
- Emotions are one part how you feel, one part how your body reacts, one part how you behave.
- There are different ways to proceed dependent on how angry you are.
- Stop, Take ten breaths, Observe, and Proceed can help to give you space to respond rather than react when you are angry.

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Making This Work for You

Pick One

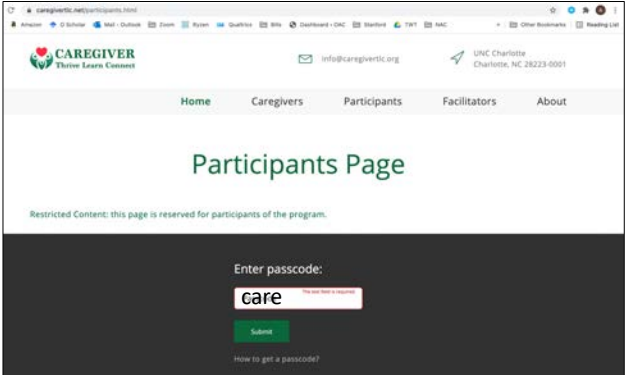
<p>Deep Breathing Practice taking 10 breaths daily.</p> 	<p>Anger-Mapping Become aware of your self-talk. Track it for one week and practice finding alternatives.</p> 	<p>S.T.O.P. Use S.T.O.P. during a situation where you are mildly or moderately angry.</p> 
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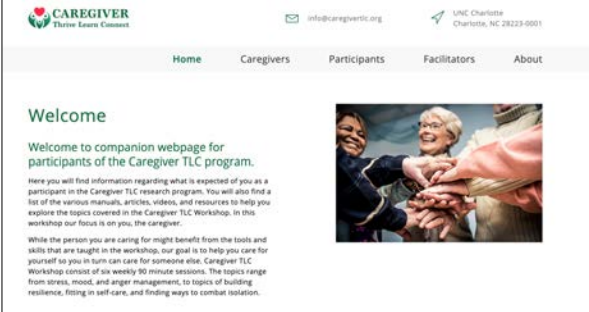
Set a Deadline	Why this one?	What will you pair it with?	Optional Break it Down	Reminders	Run into Problems Getting it Done?
Be realistic in your deadline.	How will this help you?	Do it with something you already do.	Take large tasks & break it into steps.	Phone Alarms Post-Its Tape to Mirror	 ID the issue Brainstorm solutions Try it out

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Access To The Website

URL: caregivertlc.org
 Select: **Participants**
 Passcode: **care**





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Before
you leave,
Please
complete
our poll.

