







1

Ground Rules

- 
TIME
 90 minutes long
 May need to interrupt
- 
PARTICIPATION
 Is voluntary but,
 Best way to learn
- 
PRIVACY
 Said in the group,
 Stays in the group
- 
SURROUNDINGS
 Check screen visibility,
 Reduce noise
- 
IF DUTY CALLS
 Leave to do what you need
 Come back when you can

2

Introductions




Your Name

Who you are caring for and their diagnosis


One thing you hope to learn today

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Today's Topics



Negative Emotions



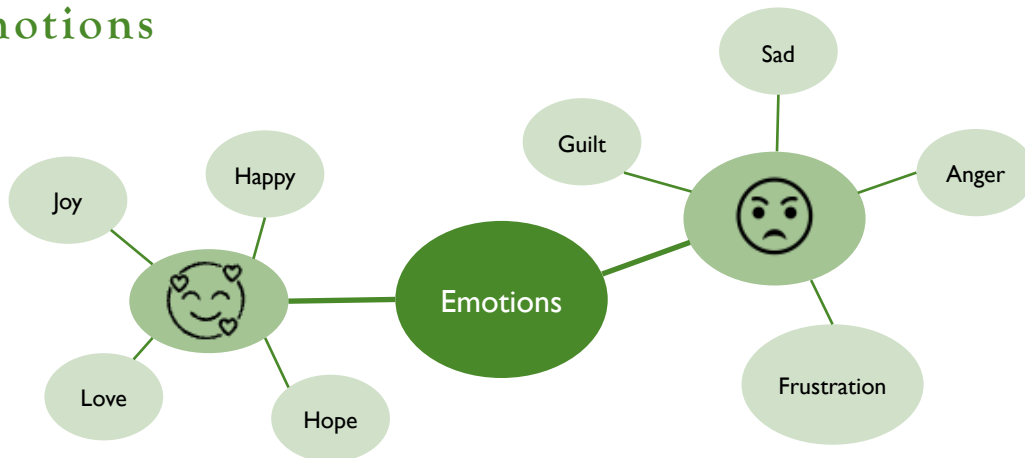
Recognizing Intensity



Strategies for Managing

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Emotions



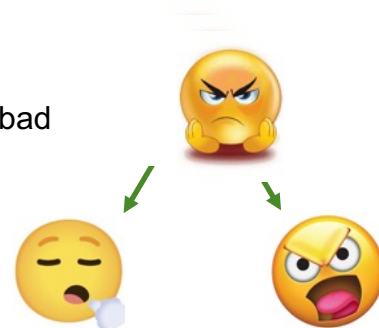
5

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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Three Parts to Emotion



How you
feel



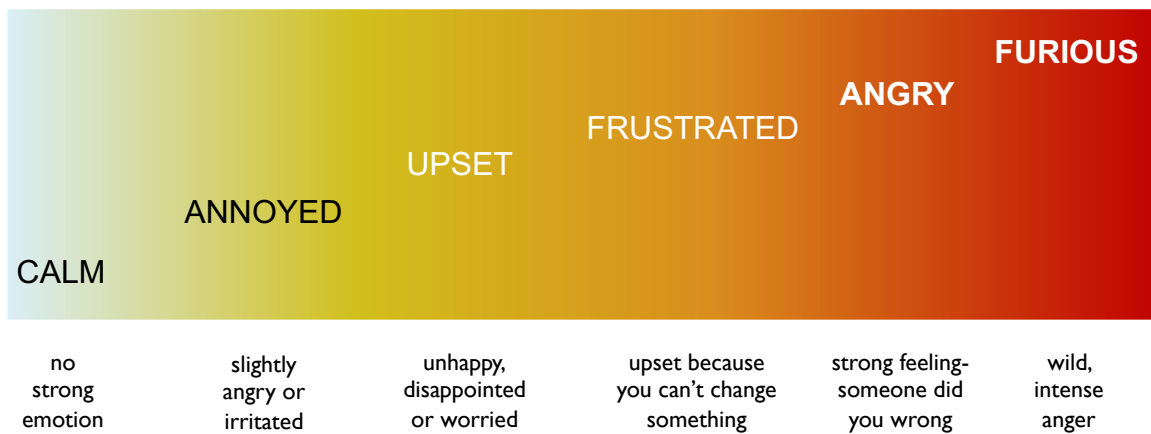
How your
body reacts



How you
behave


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Range of Anger




8

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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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	Breathe in through your nose for a count of 5, pause Breathe 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 is doing 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


Deep Breathing
Practice taking 10 breaths daily.



Anger-Mapping
Become aware of your self-talk. Track it for one week and practice finding alternatives.



S.T.O.P.
Use S.T.O.P. during a situation where you are mildly or moderately angry.



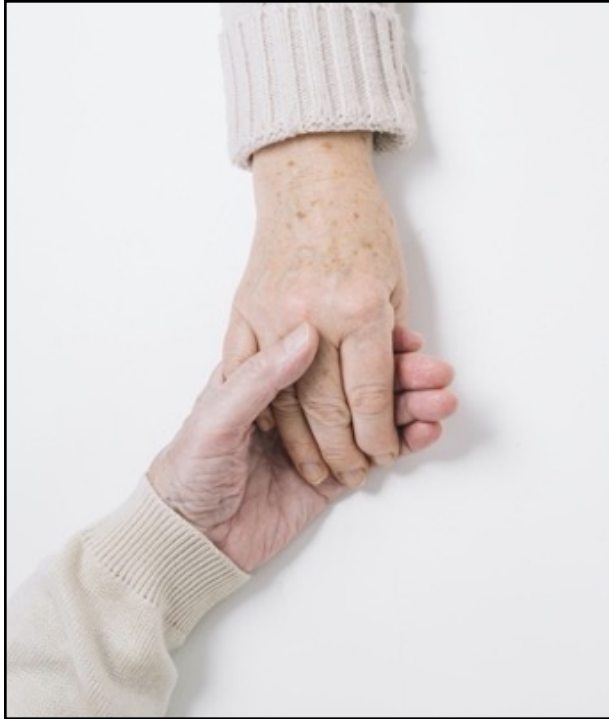
Set a Deadline	Why this one?	What will you pair it with?	Optional Break it Down	Reminders	Run into Problems Getting it Done?
Be realistic in your deadline.	How will this help you?	Do it with something you already do.	Take large tasks & break it into steps.	Phone Alarms Post-Its Tape to Mirror	 ID the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

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Before you leave, Please complete our poll.



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Thank You!

Do you have any questions?

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