






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

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 memory loss disorder

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 effect 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

Making the List

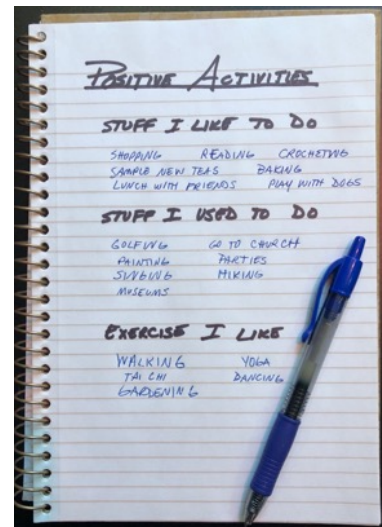
How are you currently spending your time?

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



9

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

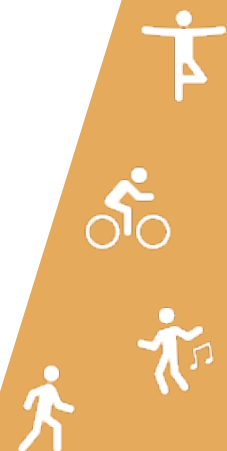
- Manage or prevent - arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer

Goal for these Benefits

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

New to exercise?

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



10

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.							
Total # of Activities Done							
Mood Score for Day							

Mood Rating Scale

1 2 3 4 5 6 7 8 9 10

Very Sad So-So Very Happy

11

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!



12

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

13

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

14

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.


15

Making This Work for You

Pleasant 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
- 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



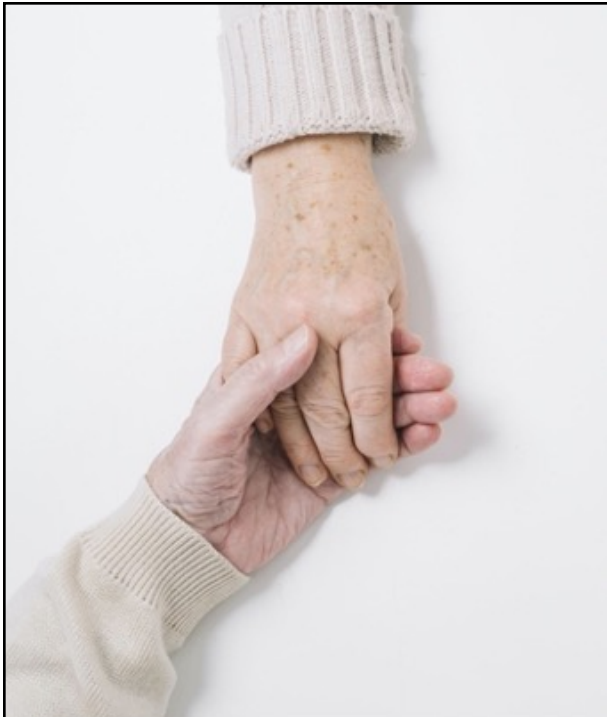
Set a Deadline	Why this one?	What will you pair it with?	Optional Break it Down	Reminders	Run into Problems Getting it Done?
Be realistic in your deadline.	How will this help you?	Do it with something you already do.	Take a large task and break it into steps.	Phone Alarms Post-Its Make Visible	 ID the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

16

Before
you leave,
Please
complete
our poll.



17



Thank You!

Do you have any questions?

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18