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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

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● Introductions



Your Name

Who you are caring for and their diagnosis

One thing you hope to learn from this workshop

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● Today's Topics



Caregiver Burnout



Self-Care



Tips & Strategies

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Let's Start with the Elephant in the Room

"I have no time."

"I have no help."

"I'm just too tired."

"I just can't."

"I can't afford it."



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Caregiving & Well-being

**Love
Commitment
Giving Back
Very Rewarding**

**Worry
Exhaustion
Continuous Care
Inadequate Resources**

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Caregiving is Intense

- Heavy Workload
- Conflicting Demands
- Lack of Privacy
- Change of Roles
- Unreasonable Demands
- Unrealistic Expectations

Signs of Caregiver Burnout

- Uncharacteristic Irritability & Impatience
- Poor Sleep
- Forgetfulness
- Physical Symptoms: headaches, gastrointestinal distress
- Decreased appetite
- Increase food intake
- Drinking alcohol too much
- Increase drug usage
- Isolating
- Lack of interest in doing things you use to enjoy
- Thoughts of hurting yourself or the person you are caring for
- Getting sick all the time
- Feeling anxious or depressed all the time

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Self-Care

- A deliberate action
- Provides a buffer between you and feeling overwhelmed or stressed
- Gives energy to care for someone else
- You can't get water from an *empty well*
- Self-care is not a luxury – it is a necessity!



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Four Areas of Self-Care

Physical	Mental
care for your body	exercising your mind
Schedule a doctor appt Take a daily walk Try chair yoga Eat more veggies	Listen to a pod cast Do a puzzle or play a game Use your non-dominant hand Draw a map of your neighborhood
Spiritual	Social
meaningful action	reaching out to others
Say a prayer Spend time in nature Help someone else Meditation	Call a friend Unfriend a negative person on Facebook Join a support group Greet a neighbor on your walk

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Quality Sleep

Poor sleep effects us in multiple ways

- It becomes harder to focus and pay attention
- Slows reaction time, making for dangerous driving & other safety related risks
- Effects problem solving abilities
- Without enough quality sleep can become more forgetful

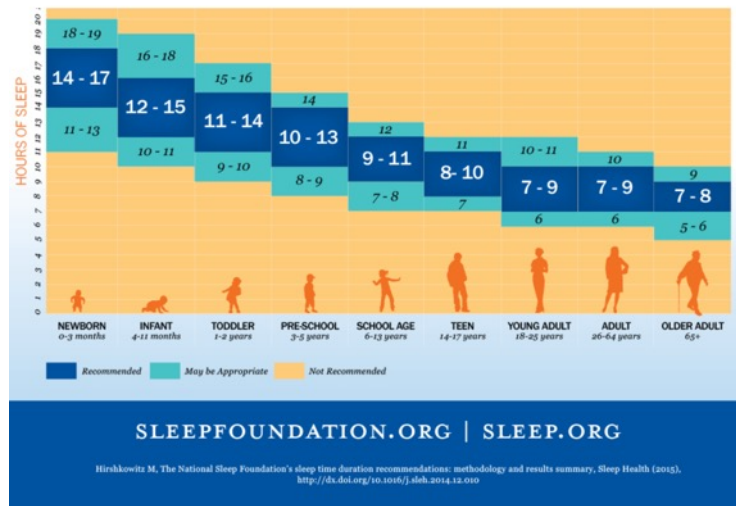
During sleep

- Memories are reactivated
- Connections between brain cells are strengthened
- Information is transferred from short to long-term

Caregiving interrupts sleep in many ways

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How Much Sleep do You Need?



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Sleep Hygiene

It's just another way of saying good sleep habits
Think of it as preparing yourself for for the best sleep you can get

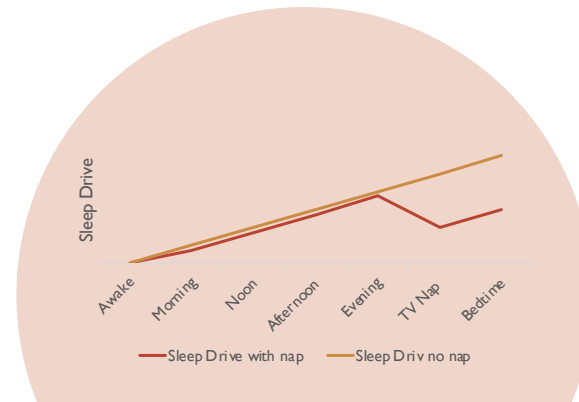
- Avoid long naps
- Stick to a schedule
- Play in the sunlight
- Get moving
- Restrict what you eat and drink
- Banish electronics
- Try a warm bath
- Wear warm socks
- No difficult discussions

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Why No Naps?

Sleep Drive

- Lowest in the morning after waking
- Increases during the day
- Naps weaken sleep drive and make it harder to fall asleep



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Benefits of Staying Active

- Stress reduction
- Better sleep
- Improved mood
- More energy
- Heart disease, stroke, and other disease prevention
- Improved memory
- Reduction in blood pressure
- Increased metabolism

GOAL: 150 mins moderate intensity aerobic activity

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Overcoming Barriers to Staying Active

Finding Time

- Combine focused activity with a task already part of your day
- 30 mins too long? Break into three 10 min segments
- Can't do 150 minutes? Some activity is still better than none

Sticking with the Plan

- Mix it up – add new activities from each category
- Find a buddy

Too Tired to Stay Active?

- Increase in energy is one of the many benefits of staying active
- Sometimes you just have to make the plan and “just do it” for a few weeks
- Continuing to feel fatigue after a few weeks? Check in with your doctor

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Self-Care Check List

When you are trying to start a new habit it is good to write down your intentions and post them where you can see them every day.

- ✓ Write down what you want to do
- ✓ Then check it off when the task is done

Self-Care Check List: Building Your Reserve
Note things in one or two categories and check them off when you do them.

Caring for Your Body	Exercising Your Mind
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Nurturing Meaning	Reaching Out
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

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What Stops You From Self-Care?



Identify attitude or beliefs



Negative Self-Talk

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if lost
start here

1. Address Your Health Issues
2. Find a Support Group
3. Practice Self-Compassion
4. Laugh

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Take Away

- Caregivers are at an increased risk for certain health concerns and burnout.
- Self-Care is a deliberate action you take that improves your physical, mental, or emotional well-being.
- Understanding what keeps you from doing self-care can help you to increase the amount of self-care you do.
- Prioritizing addressing health concerns, finding support, practicing self-compassion, and adding laughter is a good start on adding self-care to my day.

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Making This Work for You

Pick One

Identify Areas to Work On


Use the Self-Care Check List to identify the things you currently do for self-care. Notice which areas you are doing well in and which areas you need to work on.



Practice the Top Three

Make a list of your top 3 self-care activities and practice one a day. If needed, break into smaller tasks.



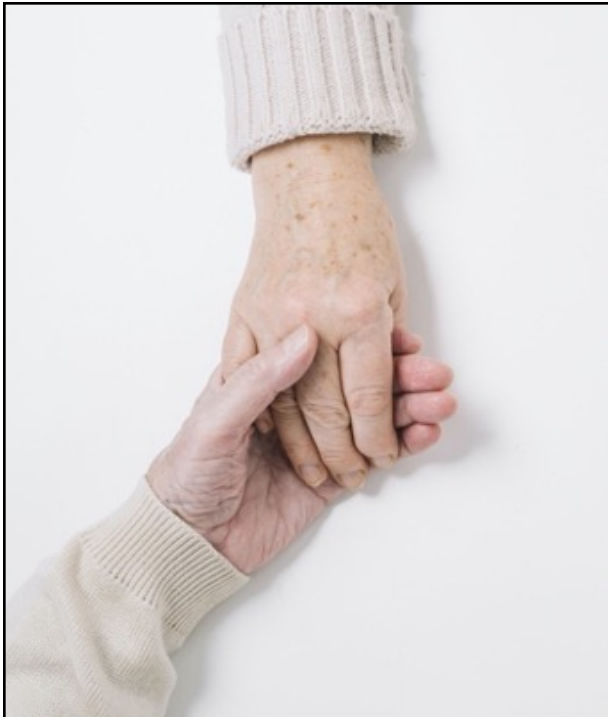
Set a Deadline	Why this one?	What will you pair it with?	Optional Break it Down	Reminders	Run into Problems Getting it Done?
Be realistic in your deadline.	How will this help you?	Do it with something you already do.	Take large tasks & break it into steps.	Phone Alarms Post-Its Tape to Mirror	 ID the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