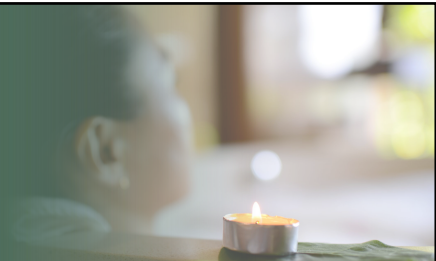


Sharon S. Richardson
COMMUNITY HOSPICE

Richardson
PALLIATIVE CARE



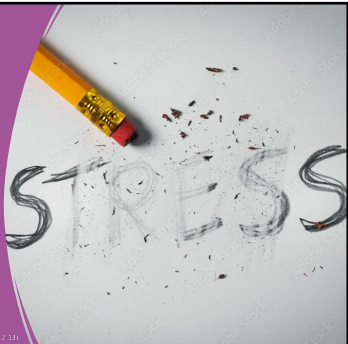
Calgon, Take Me Away:
Tips to Ease Caregiver Stress

Today we will:

- Identify your stressors and early warning signs of stress.
- Discuss reactions to stress, the results of neglecting stress, and outline steps to help manage it.
- Define self-care and wholistic well-being.
- Recognize how caring for your *whole* self benefits you and your care recipient.
- Discover easy wellness techniques and practices that help take care of YOU.

Steps to Managing Stress

1. Recognize warning signs EARLY.
2. Identify sources of stress.
3. Identify what **YOU** can and cannot change.
4. Take action.



© Sharon S. Richardson, 2017, pp. 12, 24

Stress

(Rank and Scheinofsky, 2007, pp. 14-15)

Warning Signs

Forgetfulness
Irritability
Eat more
Get sick
Cry easily
Can't concentrate
Just don't care
Headaches
Muscle tension
Resentful
Questioning God
Abandon faith

Sources

Too much to do
Repeated questions
Feeling of inadequacy
Spouse says "I want to go home"
Family disagreements
Lack of sleep
Unreasonable expectations
Others who "know it all"
Interruptions
Lack of help from siblings
Inability to say "no"

Stress Buildup

Results of Neglecting Stress

- Increased health problems
- Disrupted relationships
- Blues or depression
- Decreased quality of care
- "Burnout"



(Rank and Scheinofsky, 2007, p. 16)

Reaction to Stress

Fight, Flight...or Freeze

Finding strength, you didn't know you had.

What if it seems like you were always under attack?

That's when the fight, flight, or freeze responses becomes **CHRONIC** stress and burnout.



Making Changes

Rank and Scheinoha, 2007, p. 171

Take small steps

Approaches

- Change the situation
- Change my perception
- Change my response

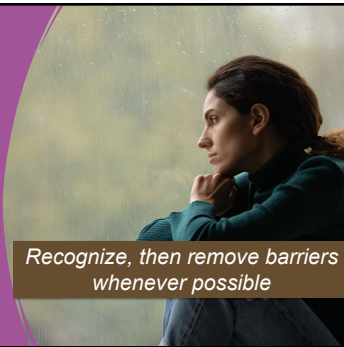
*"May I have the
serenity to accept
the things I cannot
change,
the **courage** to
change the
things I can,
and the **wisdom** to
know the difference."*

Barriers to Taking Action

- Thinking of what to do.
- Choosing a difficult activity.
- Postponing stress reduction.

*Recognize, then remove barriers
whenever possible*

Rank and Scheinoha, 2007, pp. 19-201



Calgon,
Take Me
Away!



Cultivating Self-Care

Self-Care is:

Self-care is a spectrum of knowledge, skills, and attitudes including self-reflection and self-awareness, identification and prevention of burnout...” (Sanchez-Reilly et al., 2013).



Self-Care Is NOT JUST

- Yoga
- Pet a dog
- Eat pizza on the couch
- Mani/Pedi
- Expensive green smoothie

But it
CAN be!

Taking Action



Wholistic Well-Being




Physical Well-being

Lifestyle

- Nutrition/Hydration
- Sleep
- Exercise
- Hugs
- Pets
- Massage

Practice

- Rag Doll
- Full Body Stretch
- Neck Roll
- Turtle
- Shoulder Roll




Emotional

Lifestyle

- Self-Compassion
- Laughing
- Crying
- Gratitude
- Journal- A-Zzzz

Practice

- Finger Holds:
 - Thumb- tears, grief
 - Index – fear
 - Middle – anger and rage
 - Ring – anxiety and nerves
 - Small – feeling unworthy



Psychological (Mental) Well-being


Lifestyle

- Positive Self-Talk
- Reframe
- Creativity
- Mindfulness

Practice

Self Acupressure

- Two Points at Base of Skull
- Third Eye Point
- Point in the Outer Wrist



I've experienced many terrible things in my life, a few of which actually happened. ~Mark Twain


Spiritual Well-being

Lifestyle


- Prayer
- Tai chi
- Yoga
- Flow States
- Nature
- Music

Practice

- Meditation
- Deep breathing



The Benefits of Saying No




Just Say "No"

If you are always giving– and not taking anything back for yourself – you are more likely to allow stress to buildup.

Saying no allows you to...

- fill your own cup until it overflows. Give from the ~~heart~~ **heart** by focusing on giving your time and energy to the people – and parts of your life – that really deserve it.
- choose where you put your time and energy.
- maintain healthy boundaries.
- sustain your role as a caregiver longer.

Saying "No" allows you to thrive and not just survive as a caregiver.



The Art of Saying No (Nicely)

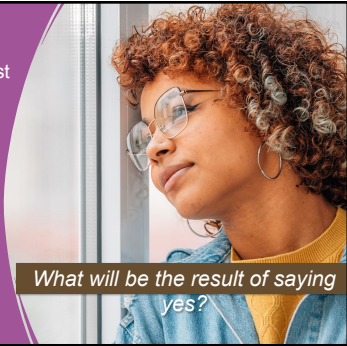
- Use the word
- Avoid lengthy explanations
- Be proud
- Extend grace
- Use assertive delay
- Pause and use the "yes" test



Try the "Yes" Test

Assess the request:

- Will it greatly diminish my well-being?
- Will it create overcommitment?
- Is it something that another person could do?
- Is it too lengthy of a commitment?
- Is it a "should do"?
- Will it take too much away from other people or commitments?




What will be the result of saying yes?



Wholistic Well-being


15



Make Time

- Self-care time
- Mark your calendar
- Tiny tune ups

You have two hands,
one for taking care of
yourself and the other
for helping others.
~Audrey Hepburn



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