

Supporting Caregiver Resilience and Needs

Webinar Part 2: Long-Term Self-Care

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Agenda

- Background
- Goals of the Workshop
- Review
- Addressing Needs
- Summary

Four most commonly stated needs:

- Managing emotional and/or physical stress
- Overall self-care
- Coping with time, energy, and financial demands
- Communicating more effectively with the recipient.

Goals for Today

1. Increase your self-efficacy and resilience as a caregiver.
2. Learn skills to assess and manage stress and burnout.
3. Improve your self-care practices.
4. Increase sense of support.

Review of Part 1: Managing Stress and Burnout

- Stress is our body's reaction to life and some stress can be helpful.
- When stress becomes prolonged, frequent, or intense it can impact us physically, emotionally, and behaviorally.
- Burnout vs Stress
- Prevent and reduce burnout: Emergency self-care plan

Nurturing Yourself: Long-Term Self-Care

Self-Care MYTHS

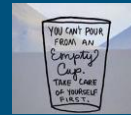
Self-care is...

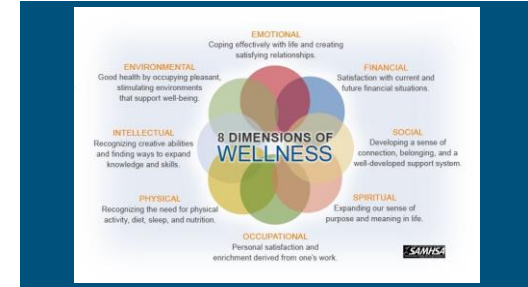
- Optional
- Time consuming
- Expensive
- A reward
- Selfish
- Boring
- Anything I enjoy
- One-time experience

Self-care is never selfish, but it may feel that way when you live a frenzied life.
-Arthur Ciaramicoli

What is Self-Care?

Self-care is anything one does purposefully to benefit or enhance his/her/their physical, mental/emotional, and spiritual well-being in both the short- and long-term.
 Self-care promotes wellness!





Taking Your Self-Care Temperature

Booklet Pages 11 and 12

Importance of Self-Care

Cost of Ignoring Self-Care:

- Difficulty managing emotions
- Difficulty in relationships
- Fatigue or Insomnia
- Poor hygiene
- Physical aches and pains
- Vulnerable to illness
- Loss of meaning and purpose
- Substance use
- Increased likelihood of...



YOU WOULDN'T LET THIS HAPPEN TO YOUR PHONE. DON'T LET IT HAPPEN TO YOU EITHER. SELF CARE IS A PRIORITY. NOT A LUXURY.

Benefits of Self-Care:

- Improved physical and mental health
- Better sleep
- Increased energy
- Improved relationships
- Increased productivity
- Reduced stress
- Increased resilience
- Improved quality of life
- Increased happiness
- Improved self-esteem
- Increased focus
- Improved decision-making
- Increased confidence
- Improved communication
- Increased empathy
- Improved leadership
- Increased creativity
- Improved problem-solving
- Increased adaptability
- Improved flexibility
- Increased resilience
- Improved self-awareness
- Increased self-compassion
- Improved self-love
- Increased self-respect
- Improved self-discipline
- Increased self-control
- Improved self-motivation
- Increased self-efficacy
- Improved self-confidence
- Increased self-esteem
- Improved self-worth
- Increased self-respect
- Improved self-discipline
- Increased self-control
- Improved self-motivation
- Increased self-efficacy
- Improved self-confidence
- Increased self-esteem
- Improved self-worth

Self-Care Activities 1 & 2

- Fill in the column "Current Self-Care Practice" with self-care activities you currently do.
- Fill in the column "New Self-Care Practice" with self-care activities you want to start doing.
- You can:
 - Continue current healthy self-care practices
 - Start new healthy self-care practices

Self-Care Activities 1 & 2

Self-Care Domain	Current Self-Care Practice	New Self-Care Practice
Emotional and Psychological		
Physical and Environmental		
Social		
Spiritual		
Intellectual		
Financial		

Examples of Less-Helpful Self-Care

- Drinking alcohol
- Binge-watching television
- Mindlessly eating comfort food
- Ignoring one responsibility to deal with another responsibility
- 'Retail therapy'



Examples of Healthy/Helpful Self-Care

- Intellectual
 - Do creative mental activities/games
 - Read (ex: newspaper, internet, book)
- Social
 - Set boundaries with others
 - Take 10 minutes to catch up with a friend
- Spiritual
 - Actively engage with your religion
 - Daily or weekly mindfulness or meditation practice
- Emotional
 - Practice optimism
 - Keep a daily journal



More Examples of Healthy/Helpful Self-Care

- Physical
 - Getting 6-8 hours of sleep each night
 - Physical activity: walk/run, yoga, weight training, etc.
- Work/Occupational
 - Take a lunch break away from your work area
 - Take 5 minutes to walk or stretch after an hour or two of work
- Financial
 - Set up an emergency fund
 - Set spending goals or a budget
- Environmental
 - Declutter your home environment
 - No electronics for 30 minutes



Self-Care Activity 2 Example

Self-Care Domain	New Self-Care Practice
Emotional and Intellectual	Keep a daily journal. Read a magazine.
Physical and Environmental	Try to get an extra 30 mins of sleep nightly. Go for a walk in the neighborhood. Facilities: e.g. hiking environment.
Social	Calling a loved one. Meeting and getting dinner with my family.

Spiritual	Go to (place of worship) once every 2 weeks. Practice mindfulness for 2 minutes every other day.
Occupational	Take a lunch break away from my work area. Delaying late to finish my work assignments.
Financial	Save \$20 from my check each month. Make a budget for myself and track spending.

Obstacles to Self-Care

- Time
- Energy
- Feelings of guilt
- Sign of weakness
- Unsure of what to do
- Maintaining self-care



Self-Care Activity 3 & 4: Identify and Overcome Obstacles

Fill in the column "Barriers to Self-Care Practice" with anything that might prevent you from doing self-care.

Fill in the column "Addressing Barriers to Self-Care Practice" with ways you can prevent barriers from stopping your self-care.

Self-Care Activities 3 & 4

Self-Care Domain	Barriers to Self-Care Practice	Addressing Barriers to Self-Care Practice
Emotional and Intellectual		
Physical and Environmental		
Social		
Spiritual		
Occupational		
Financial		

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Self-Care Activity 3: Barriers Example

Self-Care Domain	Barriers to Self-Care Practice	Self-Care Practice
Emotional and Intellectual	Feeling selfish taking time	Spiritual Hard to find time between work and other appointments to go to [place of worship]
Physical and Environmental	No energy at the end of the day	Occupational Feeling guilty about singing or when canceled at work (lots) and (in)lets
Social	No money, time or energy to go out with friends	Financial Lunch at home makes it difficult to dine

Self-Care Activity 4: Addressing Barriers Example

Self-Care Domain	Addressing Barriers to Self-Care Practice	Self-Care Practice
Emotional and Intellectual	Realized myself of the importance of self-care I can help my church and myself when I take care of myself	Spiritual I can worship from home most of the time, and go to [place of worship] when I can
Physical and Environmental	Go for a walk in the morning	Occupational Realized myself of the importance of setting boundaries
Social	Call friends when too tired to go out Make a plan to meet small group & meeting to catch up	Financial Realized myself that my amount of money I can still help, even if it is \$5 in one month

Important Reminders

Self-Care is PERSONAL! It is different for everyone, so choose what works for you and not what others tell you to do or what you think is the "right" way to practice self-care.

Every second counts! Even taking 30 seconds to focus on your breathing is self-care!

Taking care of yourself does not make you weak, but not taking care of yourself might make you weak in the long-run.

You deserve self-care, just like everyone else!



Self-Care Activity 5

Self-Care Activity 5

Instructions: Plan one small self-care activity for each day of the week, and aim to address each wellness category at least once during the week.

Implementation of Self-Care: Week of _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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Example:

Self-Care Activity 5

Instructions: Plan one small self-care activity for each day of the week, and aim to address each wellness category at least once during the week.

Implementation of Self-Care: Week of February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get 15 minutes walk during lunch break at work	Walk 15 min around gymnasium	Read 15 min before bed	Express gratitude	Get 10 minutes of sleep last night	Get 10 minutes walk during lunch break at work	Get 10 minutes walk during lunch break at work
	15 minutes of family time	15 minutes of family time	2 minutes of mindful breathing			

Self-Care Activity 5 Continued

At the end of the week, look at your chart and notice which wellness categories you did self-care for and which ones you were not able to do.

- Check off each wellness category you did self-care for.
- If there are wellness categories you were not able to do self-care for, try to focus on those for the following week.

- Emotional and Intellectual:** Coping effectively with life and recognizing creative abilities or expanding knowledge and skills
- Physical and Environmental:** Recognizing the need for physical care and occupying pleasant, stimulating environments
- Social:** Developing a sense of connection and a well-developed support system
- Spiritual:** Expanding our sense of purpose and meaning in life
- Occupational:** Personal satisfaction and enrichment derived from one's work
- Financial:** Satisfaction with current and future financial situation

Self-Care Activity 5 Continued

In the last section, make note of what activities you did or did not like (this will come in handy later!).

Also make note of barriers you came across and if you were able to overcome the barrier, how did you do it?

Note any observations, barriers or insights:
*Walking was my favorite self-care activity. I did not enjoy sunbathing and should try to find an alternative.
 I forgot to turn off electronics for an hour, so next week I will set an alarm on my phone to remind me! I wasn't able to
 take any stretching during the week, but I will make sure to do fibromyalgia self-care next week.*

Self-Care Reflection

Complete this activity after a few weeks of engaging in self-care.

- In the first column, write what self-care activities helped you the *most* for each category.
- In the second column, write what self-care activities helped you the *least* for each category.

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Self-Care At Home Reflection

Directions: After three weeks of engaging in self-care activities, reflect on what activities you liked the most and what barriers you faced. Write your responses in the columns below. Respond to 4 questions in the box.

Self-Care Category	Top 2 Self-Care Activities	Least Used Self-Care Activities
Emotional and Intellectual	1. 2.	
Physical and Environmental	1. 2.	
Social	1. 2.	
Spiritual	1. 2.	
Financial	1. 2.	

Self-Care Reflection

After filling out the reflection chart, respond to the following 4 questions to help with the development and maintenance of engaging in self-care.

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Self-Care At Home Reflection Questions

1. What changes do you notice now that you have been engaging in self-care more regularly?

2. What barriers did you experience and how did you deal with them?

3. What are some barriers to **maintaining** self-care practice?

4. What could you do differently going forward to continue engaging in self-care?

Part 2 Summary and Final Thoughts

- Any questions or comments before we end for the day?

See Reference
Handout for
Sources of
Information in the
Presentation
