Journey of Caregiving

Maintaining Self Care While Caring for A Loved One
Overview

- 3 week class - 1.5 hours each week
- Request upon Registration that participants attend all 3 classes
- Specifically for Family Caregivers versus paid caregivers
Mission

- Reduce Feelings of Stress by Increasing the Use of Coping Mechanisms Unique to the *Family Caregiver*. 
Objectives

- Reduce internal stress
- Reduce external stress
- Pair unique coping techniques with stress indicators and triggers that are *Unique* to *the caregiver*. 
An Opportunity for Growth

Photo by: Karin Little, MSW
Goals

- Explore grounding exercises, meditation, journaling, communication strategies
- Identify stress indicators unique to the caregiver
- Respite activities that promote self-identity versus caregiver identity
- Explore the acceptance of help as a gift to be given
- Pair coping skills with triggers unique to the caregiver
Discussions include:

- Victor Frankel’s Man Search for Meaning
  - When we are no longer able to change a situation, we are challenged to change ourselves

- The power of speculation and the tremendous tornado of tedious torment we create from perpetuating a mind that’s full of chaos, anxiety and worry.
Goal setting through awareness:

- **Calmness** = a balance between internal energy and environmental circumstances.
versus

- Unsettled = Internal pressure caused by emotions managing vs managing emotions
Living with ease:

- Recognizing the power of relationships and their fluidity
- Awareness of unique triggers and knowing when to match coping mechanisms with them
- Utilizing meditation techniques to quiet body and mind in order to “listen” to what body and mind need
- Quieting the brain to deter the spiraling effects of speculation
- Communicate effectively
Reframing

- “Negative emotions” as navigational tools
- Paying attention to sadness
- When guilt is not legitimate
- Caring for ME is OK
Interaction is key among participants

Testimonials:

What I liked best about the class:

“Discussions/individual situational help”

“Interactivity/meeting other attendees”

“Knowing that I am not alone!”

“sharing and focusing on action”

“sharing of stories and of some solutions to problems”
Self exploration

Testimonials

What I liked best about the class:

“Learning new skills - I want to take care of myself”

“It put me in touch with my feelings.”

“I was able to be honest with myself and share how I feel”

“The discovery of new ways of acknowledging stress”

“Just breath”

“I feel hopeful”
2019 Journey of Caregiving Class Dates:

Fullerton location: 130 West Bastanchury Rd.

- Thursdays at 10:00 AM - 11:30 AM:
  - January 10, 17, 24
  - March 14, 21, 28

- Thursdays at 6:00 PM - 7:30 PM:
  - May 9, 16, 23
  - August 8, 15, 22
Please call the Family Caregiver Resource Center to Register:

(714) 446-5030
(800) 543-8312
Thank you for having us.

Questions?