

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a plain white space where the text is placed.

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

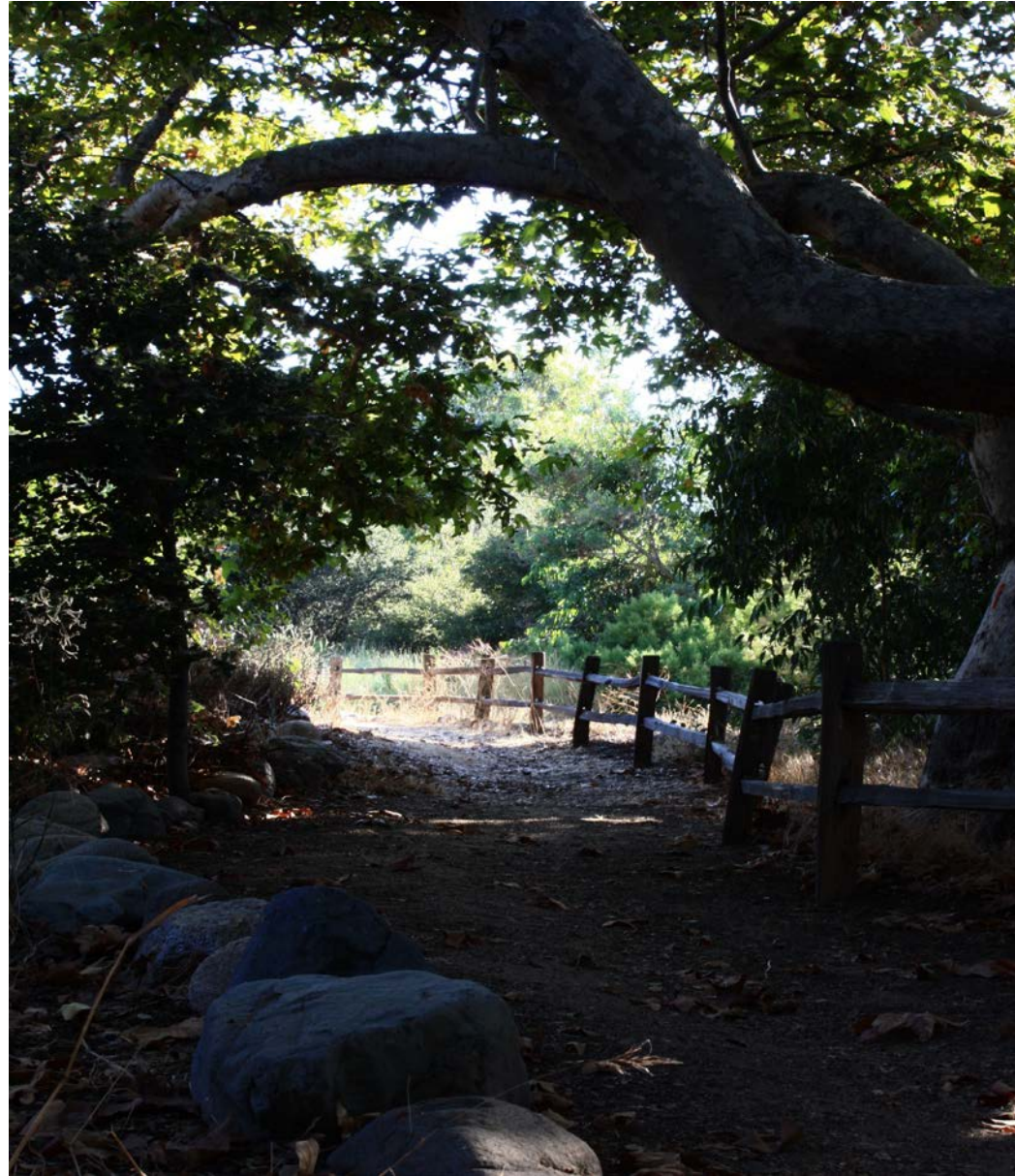
- ▶ Reduce Feelings of Stress by Increasing the Use of Coping Mechanisms Unique to the *Family Caregiver*.

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

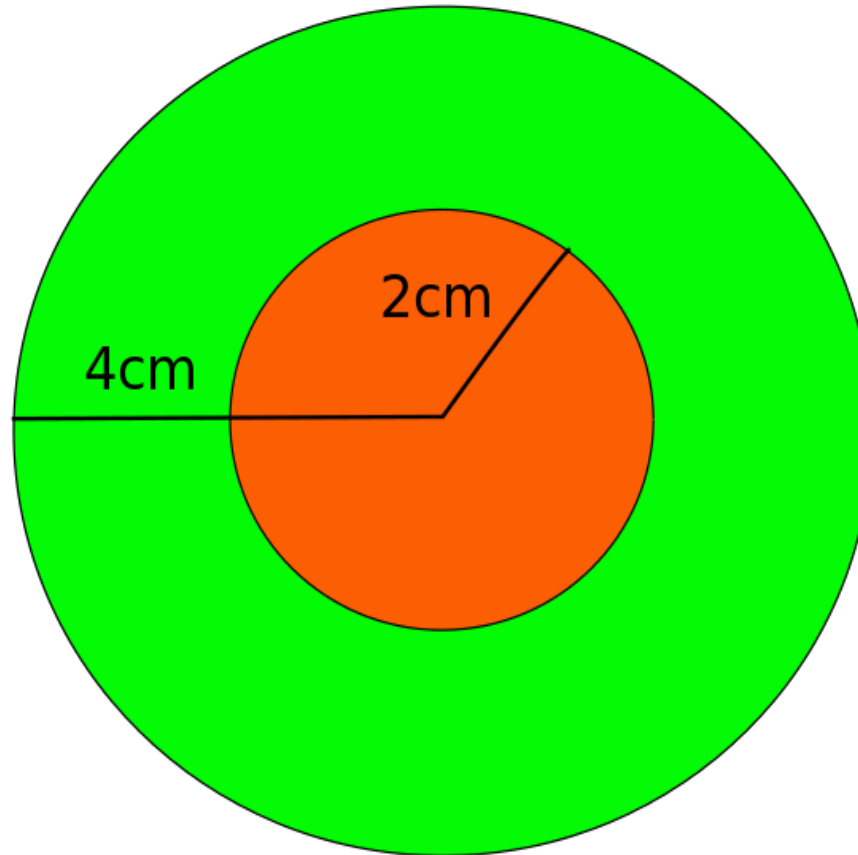
- ▶ Explore grounding exercises, meditation, journaling, communication strategies
- ▶ Identify stress indicators unique to the caregiver
- ▶ Respite activities that promote self-identity versus caregiver identity
- ▶ Explore the acceptance of help as a gift to be given
- ▶ Pair coping skills with triggers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

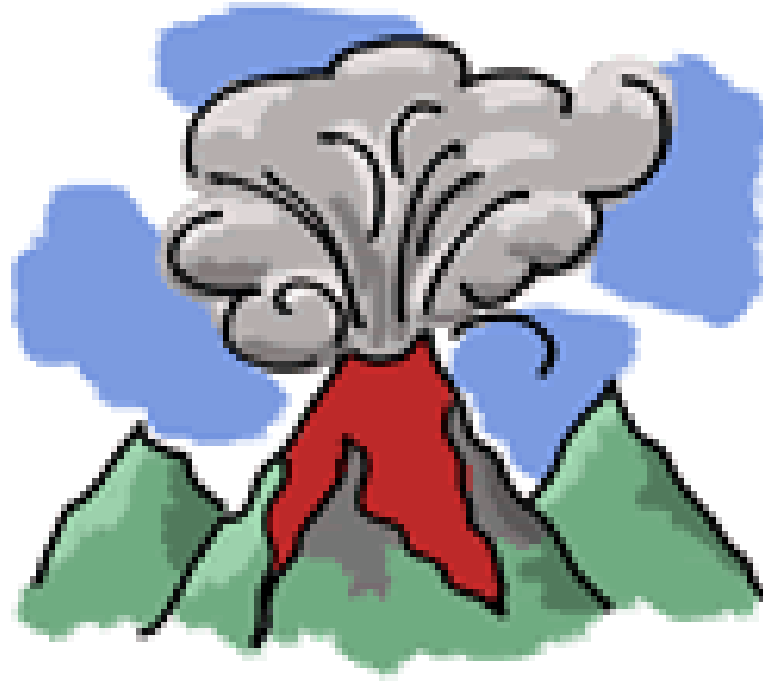
Goal setting through awareness:

- 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?