

Recharging Your Caregiver Batteries

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Targeted Therapies in Lung Cancer Patient Forum

for ALK, ROS1, & EGFR Lung Cancers - August 20, 2016



Global
Resource for
Advancing
Cancer
Education



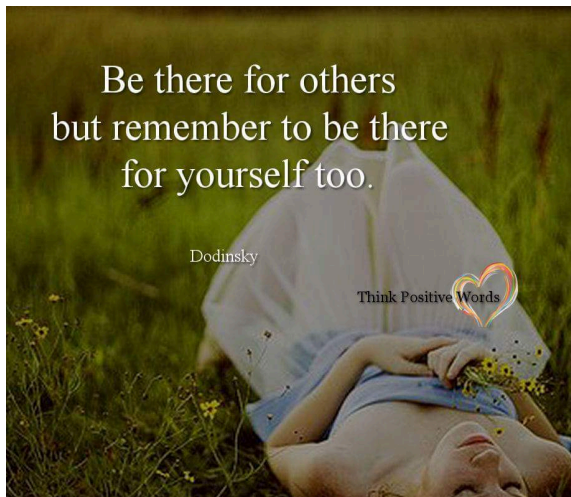
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Have you ever felt like this?

Sometimes you can get so busy trying to be everyone else's anchor that you don't realize you are actually drowning.



The Two Major Tasks of Caregivers



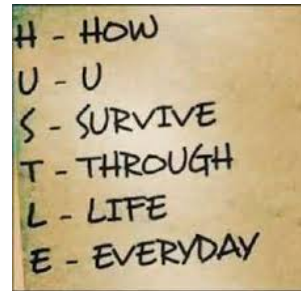
Your own health and safety must come first, if you want to effectively keep helping the ones you love.

Caregiver Checklist

- I have supportive family and friends around me.
- I pursue a hobby or project for work, church, or my community.
- I take part in a social or activity group more than once a month.
- I am within 10 pounds of the ideal body weight.
- I use relaxation methods like meditation, yoga, or progressive muscle relaxation at least 5 times a week.
- During an average week, I get at least 150 minutes of moderate exercise (such as walking or yoga) or 75 minutes of more vigorous activity.
- I eat a well-balanced, healthy meal* 2 or 3 times during an average day. (*Low in fat and high in vegetables, fruits and whole-grain foods.)
- I do something fun "just for me," at least once, during an average week.
- I have a place where I can go to relax or be by myself.
- I set priorities / manage my time every day (decide what tasks are most important, determine how much I can/can't do, and get help when needed).

Caregiving can be both Satisfying & Demanding

- Caregivers have many roles
 - Spouses, parents, children, companions
 - Arrange schedules
 - Provide transportation
 - Manage insurance issues
 - Financial managers and legal assistants
 - Housekeepers
 - Health aides (may help feed, dress, bathe)
 - Often have to take over the duties of the person with cancer
 - *and* still meet the needs of other family members
- Evaluate your limits and make them known as soon as you can. **Don't try to do it all yourself.**



Your experience is unique to your situation





Warning Signs

- Always feeling down/discouraged/anxious
- Have no energy
- Cry a lot
- Easily angered
- Sleep issues – too much/too little
- Isolating from others, declining all social invitations
- Feel completely overwhelmed
- Feel lonely
- Frequent headaches, stomach problems, colds
- Destructive or addictive behavior



Suffering
is
Optional

"WE EITHER MAKE
OURSELVES
MISERABLE OR WE
MAKE OURSELVES
STRONG. THE
AMOUNT OF WORK
IS THE SAME."

-CARLOS CASTENADA

Reducing the Burden and Stress

- Support from family and friends in caring for the patient
- Spiritual support, such as religious activity, prayer, journaling, or meditation
- Exercise and a healthy diet
- Recreational time, when you can enjoy friends socially
- Help from a trained mental health professional
- ***Remember that giving and receiving are two sides of the same coin***



What Makes Caregivers Effective?

- Empathy for self and others
- Respect
- Be honest/genuine
- Flexibility
- Mutual Participation* (involve the person w/cancer)
- Healthy self-care
- Sense of humor / Finding joy
- Gratitude
- Ask for help when needed

EMPATHY



Every survival kit should include a
SENSE OF HUMOR.

Self Care Strategies

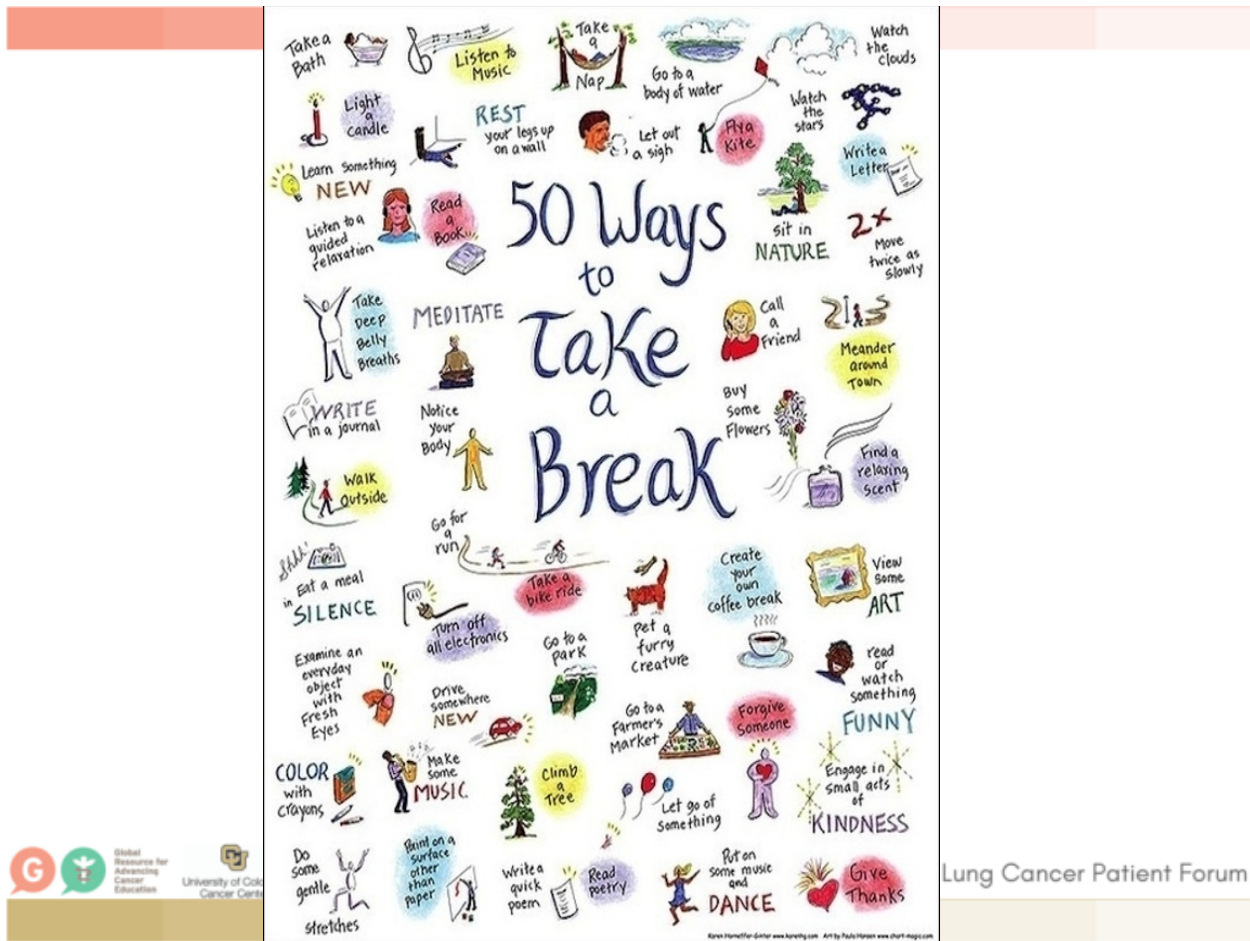
- **Physical**
 - Sleep well
 - Eat well
 - Stretch
 - Exercise
- **Emotional**
 - Friends
 - Cry
 - Laugh
 - Gratitude lists
 - HUMOR
- **Psychological**
 - Self-reflect
 - Pleasure reading
 - Say “NO”
 - Smile/Laugh
 - Solitude
- **Workplace**
 - Enjoy the break
 - Set limits
 - Peer support
 - Take vacations

Plan Things that you Enjoy

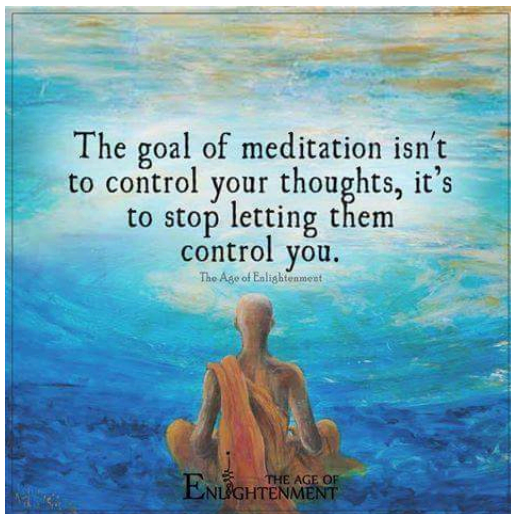
- involve other people, such as having lunch with a friend
- give you a sense of accomplishment, like exercising or finishing a project
- make you feel good or relaxed, like watching a funny movie or taking a walk



create joy™



Rest – Reflect - Restore



SELF-CARE THINGS:

<p>1. READ BOOKS THAT MAKE YOU HAPPY</p> 	<p>2. EAT GOOD FOOD, OR FOOD THAT IS GOOD FOR YOU!</p>  <p>FRIED EGG & CHEESE SANDWICH GARLIC TOAST, KALE SOUP</p>	<p>3. MAKE A PLAN FOR A DAY, A MONTH, A YEAR OR A DECADE IN THE FUTURE</p>  <p>- MAKE YOUR BED - JOG EVERY DAY - OWN A HAT SHOP</p> <p>(YOU DON'T HAVE TO FOLLOW IT)</p>
<p>4. DRESS UP, LOOK GOOD</p>  <p>PUT ON YOUR MAKE UP, TURN ON YOUR 8-TRACKS AND TAKE THE HIG OF THE SHOES</p>	<p>5. TAKE PICTURES, TELL YOURSELF HOW GREAT YOU ARE</p>  <p>HEY, FOX!!</p> <p>(OR GET SOMEONE TO DO IT FOR YOU)</p>	<p>6. LISTEN TO CUTE MUSIC</p>  <p>(OR SAD MUSIC OR ANGRY MUSIC OR TERRIBLE MUSIC)</p>
<p>7. TAKE A DAY OFF, TURN OFF YOUR PHONE, UNPLUG YOUR COMPUTER</p>  <p>(DON'T ACTUALLY DO THAT, THOUGH)</p>	<p>8. GO OUTSIDE</p>  <p>WONDER.</p>	<p>9. WRITE, OR DRAW OR PRINT OR ANTHING ABOUT IT!</p>  <p>(E.G. WRITE A COMIC ABOUT SELF CARE)</p>



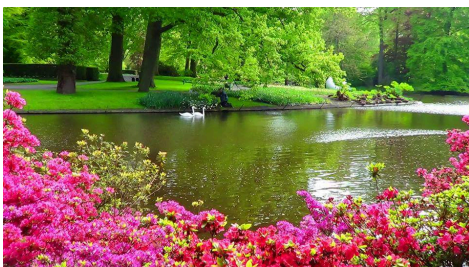
Lung Cancer Patient Forum



PIGLET NOTICED THAT EVEN THOUGH HE HAD A VERY SMALL HEART, IT COULD HOLD A RATHER LARGE AMOUNT OF GRATITUDE.



- A.A. MILNE



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Let's get him, too!



Thank you!

you are awesome!!!

Today my heart
©www.BreathingHappiness.com
 wants to say
"Thank You" to
 all the beautiful
 radiant souls
 who've been
 with me through
 thick & thin. Thank you
 for sharing your love,
 peace & light with me !

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