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**THE CAREGIVERS MANUAL FOR LIVING
(NOT JUST SURVIVING)**


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(NOT JUST SURVIVAL)**

OBJECTIVES

- IDENTIFY YOUR RESOURCES FOR SOCIAL SUPPORT
- CREATE NOVEL APPROACHES TO MEETING YOUR PERSONAL NEEDS
- LEARN HOW TO LIVE IN THE PRESENT
- IDENTIFY HOW TO DETERMINE YOUR REAL AGENDA
- REFRAME YOUR PERSPECTIVE
- GIVE CREDIT WHERE CREDIT IS DUE TO YOURSELF, EVERY DAY



SOCIAL SUPPORT

Social Support is more than a headless ghost with an event

RESOURCES


- Friends
- Neighbors
- Church/Clergy
- Support Groups (formal/informal)
- Community Ed Classes and/or Learning environments of any kind
- Library Offerings (seminars, art classes, concerts, etc.) often free or cheap
- Book Clubs
- Craft/Hobby Classes
- Volunteering
- Charity Events
- The Internet (with precautions)
- Professional help as needed



NOVEL APPROACHES TO MEETING YOUR PERSONAL NEEDS

- Do something that scares you (step outside the box)
- Journal an aphorism: how you would like to be remembered. Are you there yet?
- Random acts of kindness: no-cost feel good gestures
- Journal your fears and triumphs: a legacy for later
- Make time for you: if it's available, just know where to look
- Nurture something (a plant, an animal, an idea)
- Collect things that make you smile; keep them handy
- Buy and use a Sound Machine; iPod, etc.; Calgon take me away
- Make a list of I AM affirmations; review daily

When you are stressed you eat ice cream, cake, chocolate, and sweets, why? Because backwards is desserts.




LEARN HOW TO LIVE IN THE PRESENT

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

Carl Bard

- Detail how any part of today has been a gift
- STOP and..... whatever gives you joy
- Document new learning that was of benefit to you, and/or others
- Beware of the past for it can compromise the present
- Walk in the shoes of someone else
- Share why your care, in thought, word and deed
- Learn to ASK for what YOU need, no one is an island



WHAT'S YOUR REAL AGENDA?

- The Shadow Knows! How we fool ourselves
- Develop the 3-Stage Life Goal Plan; apply liberally
- Get to the HEART of the matter
- Decide what you are willing to LIVE for; give it your all
- Nothing changes, if nothing changes.
- Don't fear change; fear not changing

**IT IS NOT EASY,
BUT IS IT WORTH IT,**

NOW REPEAT THAT,
EVERYDAY!

REFRAME YOUR PERSPECTIVE

- Take a NEW look at you; your situation; your environment.
- Know your destination and develop a "treasure" map; proceed one step at a time; X marks the spot of each victory
- Rekindle a relationship
- Rehab your mind; body and soul
- Accept that nothing ever stays the same; that's good news

One of the simplest ways to stay happy is...
Letting go of the things that makes you sad.
—Dolly Parton



DAILY DEPOSITS IN THE BLESSINGS BANK

"We can do no great things -- only small things with great love."
 Mother Teresa

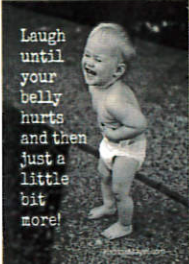
- Develop a 16 hour day of OFFERINGS (means you sleep 8); adjust accordingly
- This one's for you
- This one's for another
- Tally HO! (add it up)
- Review; repeat daily; check your assets balance
- Care to share or Share because you care

Courage doesn't always roar.
 Sometimes courage is the quiet voice at the end of the day saying,
"I will try again tomorrow."
 —Mary Anne Radmacher

LAUGHING IS PART OF LIVING AND LOVING

- Laughter IS the best medicine; one dose cures all
- Scrapbook pictures; download jokes; bargain bin dive for DVD's; card shop; I-net research; FIND EVERYTHING/ANYTHING that makes you laugh; **OUT LOUD!**
- Laughter shared is a moment that is savored; repeat often. It IS the gift that keeps on giving
- Be **BOLD**: smile at a stranger
- Tell a joke -- on yourself
- Learn to reframe negativity into positivity; laughter heals, not hurts

Laugh until your belly hurts and then just a little bit more!



PRESCRIPTIONS FOR LIVING


- DIET is not just another four letter word; you eat what you eat
- Strategies for Relaxation Therapy (see handout)
- Nurture your inner child
- Practice mental Health through Mindfulness
- Adopt good sleep hygiene
- Become an Anger Manager: see (TEMPEX) handout
- Achieve PEACE of mind; body and spirit: it is all around and within you; seek and ye shall find.

The Serenity Prayer
 God grant me the serenity
 to accept the things I cannot change,
 courage to change the things I can,
 and wisdom to know the difference.
 —Reinhold Niebuhr

DAILY REFLECTION

EACH OF US WILL ONE DAY BE JUDGED,
 BY OUR STANDARD OF LIFE,
 NOT BY OUR STANDARD OF GIVING,
 NOT BY OUR MEASURE OF WEALTH,
 BY OUR SIMPLE GOODNESS,
 NOT BY OUR SEEMING GREATNESS.

WILLIAM ARTHUR WARD



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*The Card Aisle of any retail store that sells funny and irreverent greeting cards and/or postcards.

*A lifetime of HELP, HOPE, AND HEALING from every caregiver I've ever known! Heard of, read about, and humbly become myself.

THANK YOU FOR CARING AND SHARING
SKC

**Yesterday is history,
tomorrow is a mystery
and today is a gift, that
is why it is called the
present.**

Eleanor Roosevelt

