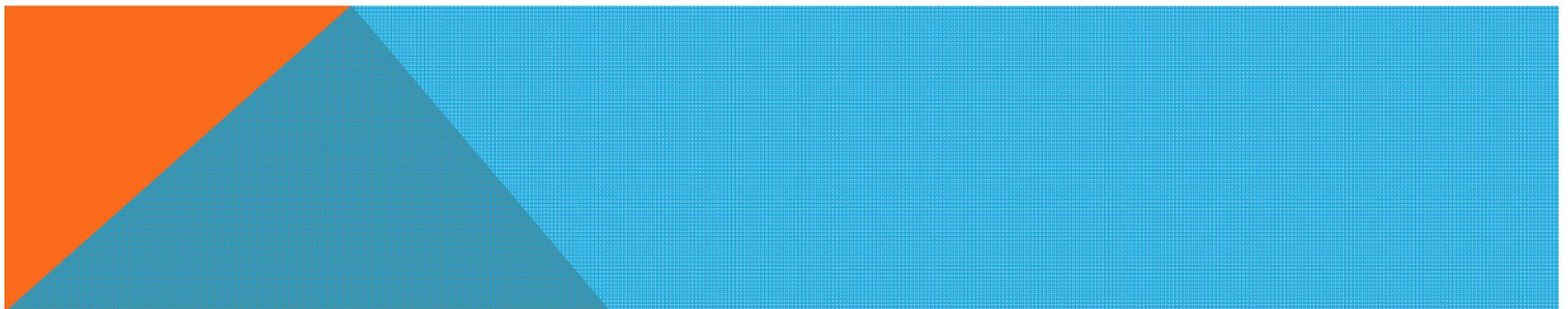
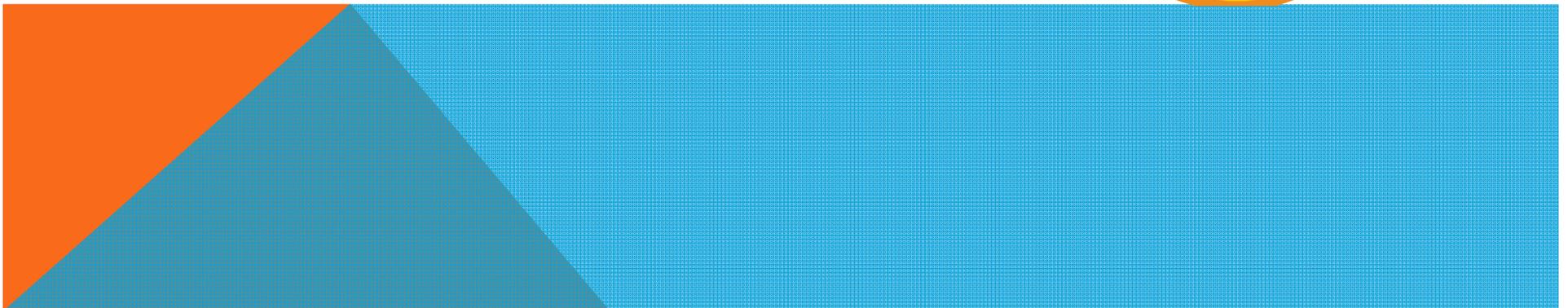


MAINTAINING CAREGIVER WELLNESS



TOPICS COVERED

- The importance of self care
- The importance of having healthy boundaries
- Identifying barriers



**Parents need to
remember to take care
of themselves...**



Put your own mask on first.



WAYS TO STAY HEALTHY

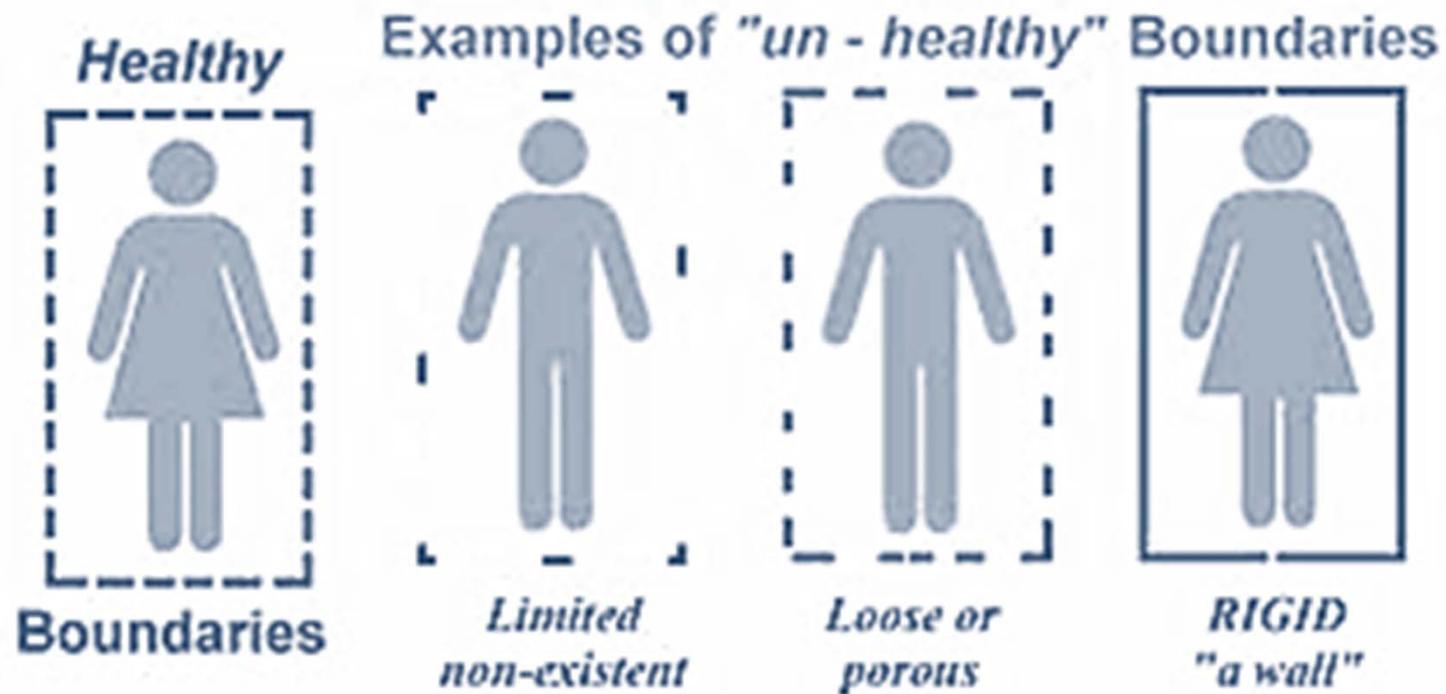
Boundaries vs Barriers

Boundary: Something that indicates or fixes a limit

Barrier: Something that blocks or is intended to block passage

Webster's Dictionary

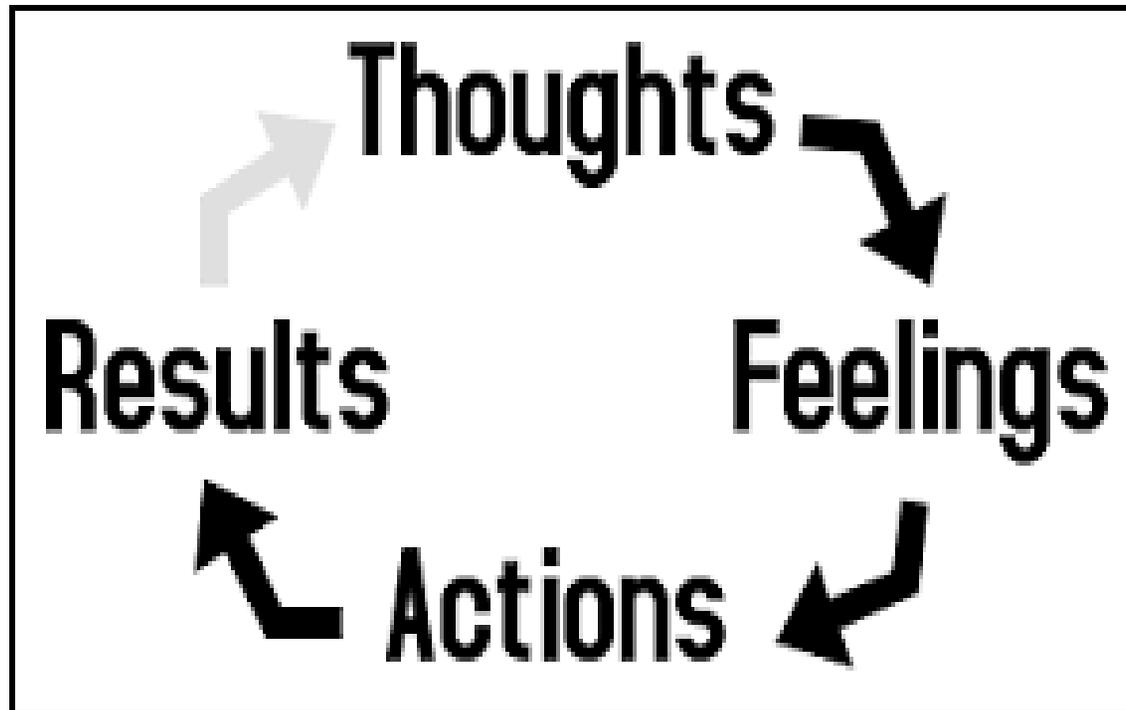




IDENTIFY YOUR BARRIERS IN ORDER TO OVERCOME THEM



HEALTHY BOUNDARIES HONOR YOUR FEELINGS



CREATING HEALTHY

BOUNDARIES



KNOW YOUR LIMITS

- Consider what makes you comfortable and uncomfortable





KNOW YOUR FEELINGS

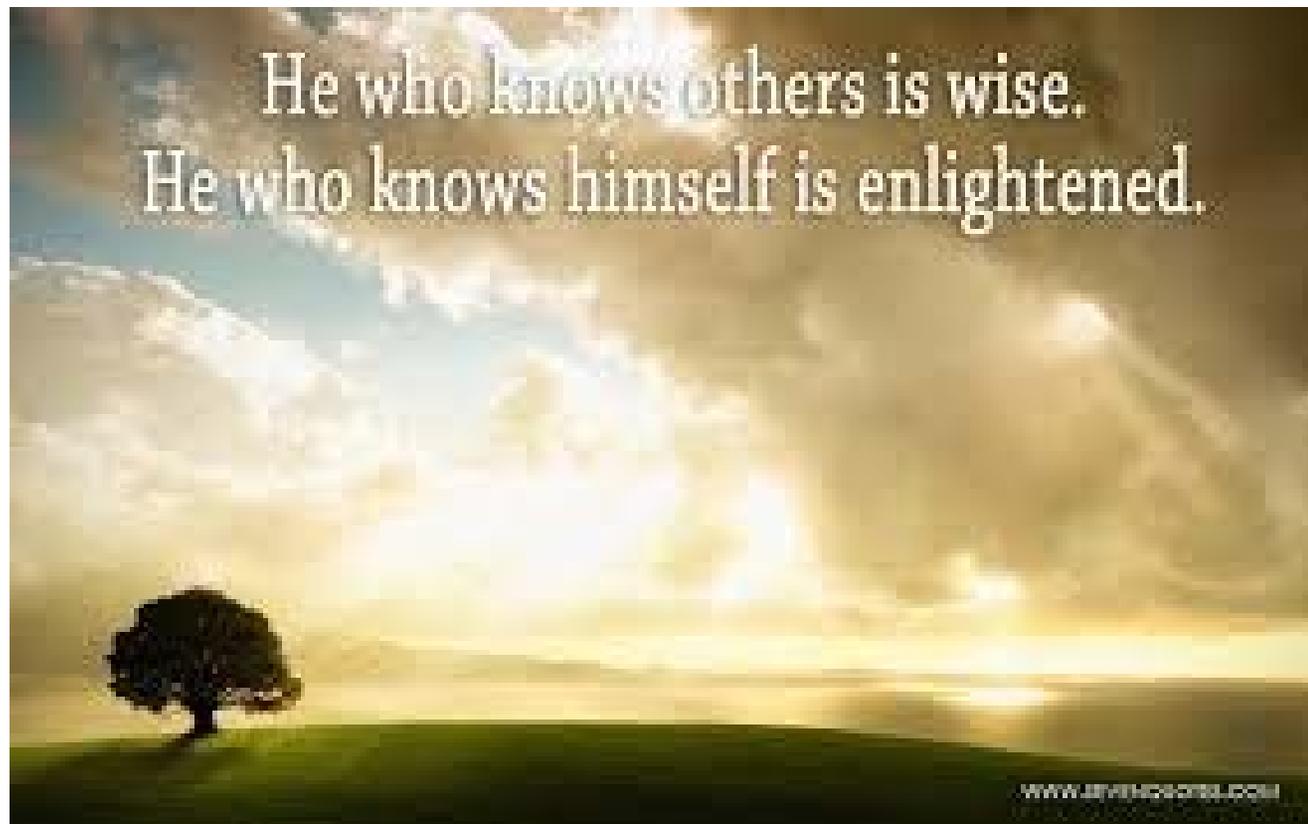
START SMALL AND BE CONSISTENT



© A Life Surrendered

PRACTICE SELF AWARENESS

HOW DO I FEEL?



MAKE SELF-CARE A PRIORITY



CALL ON A FRIEND

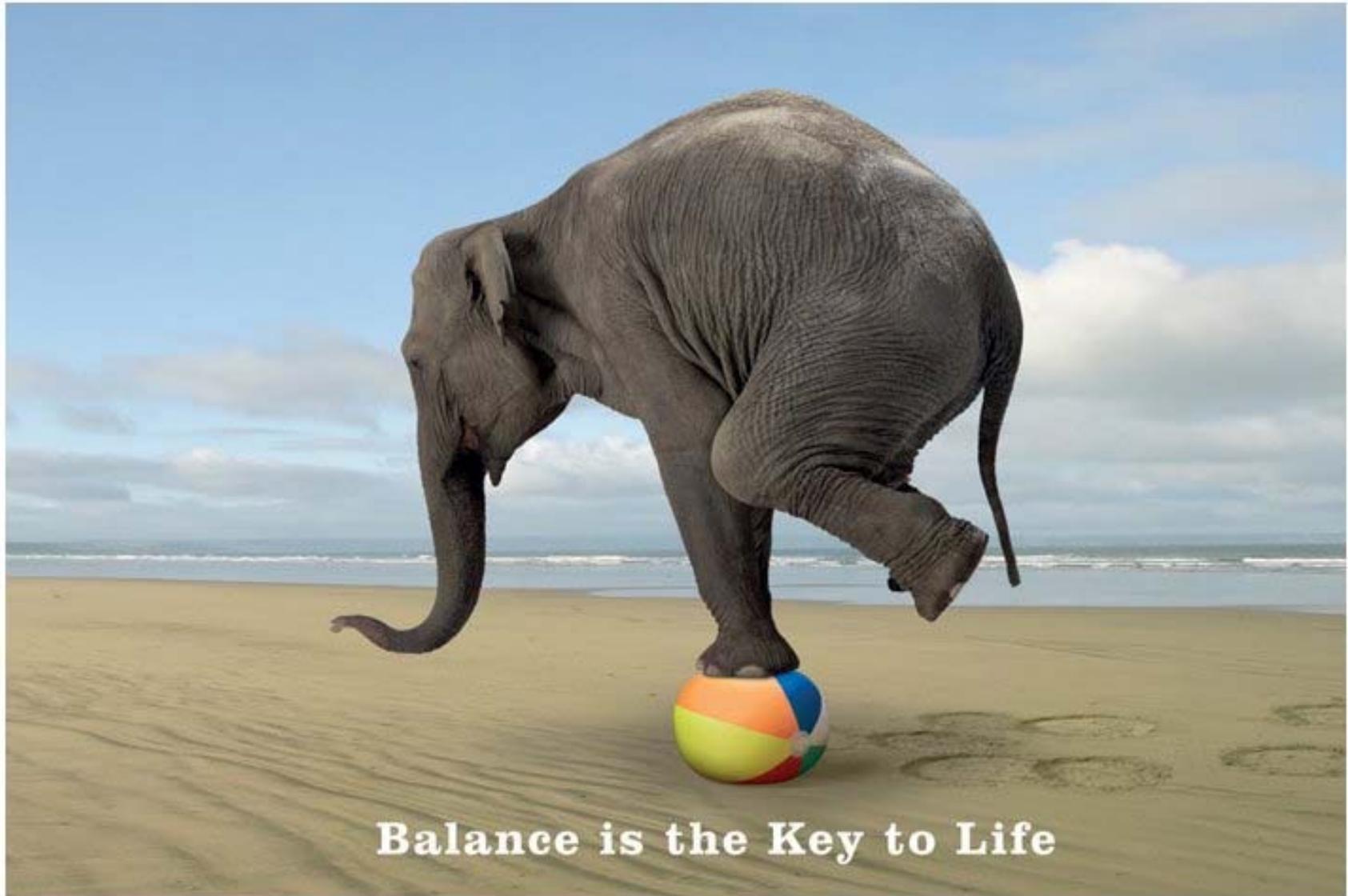
- **Seek support if you begin feeling guilty**



Walking with a friend in the dark
is better than walking alone
in the light

(Helen Keller)





Balance is the Key to Life

Find what relaxes you...



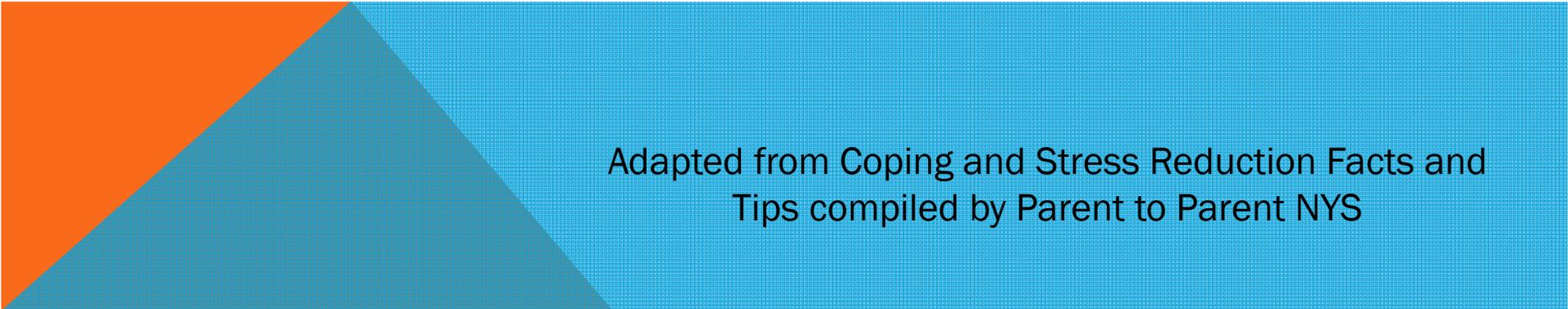
WORK ON YOU!

Think of something that relaxes you!

- Something you can do for 5 minutes
- Something you can do for 1 hour
- Something you can do for 1 evening



There is no avoiding hard times...



Adapted from Coping and Stress Reduction Facts and
Tips compiled by Parent to Parent NYS

Keep communication open



Adapted from Coping and Stress Reduction Facts and Tips compiled by Parent to Parent NYS

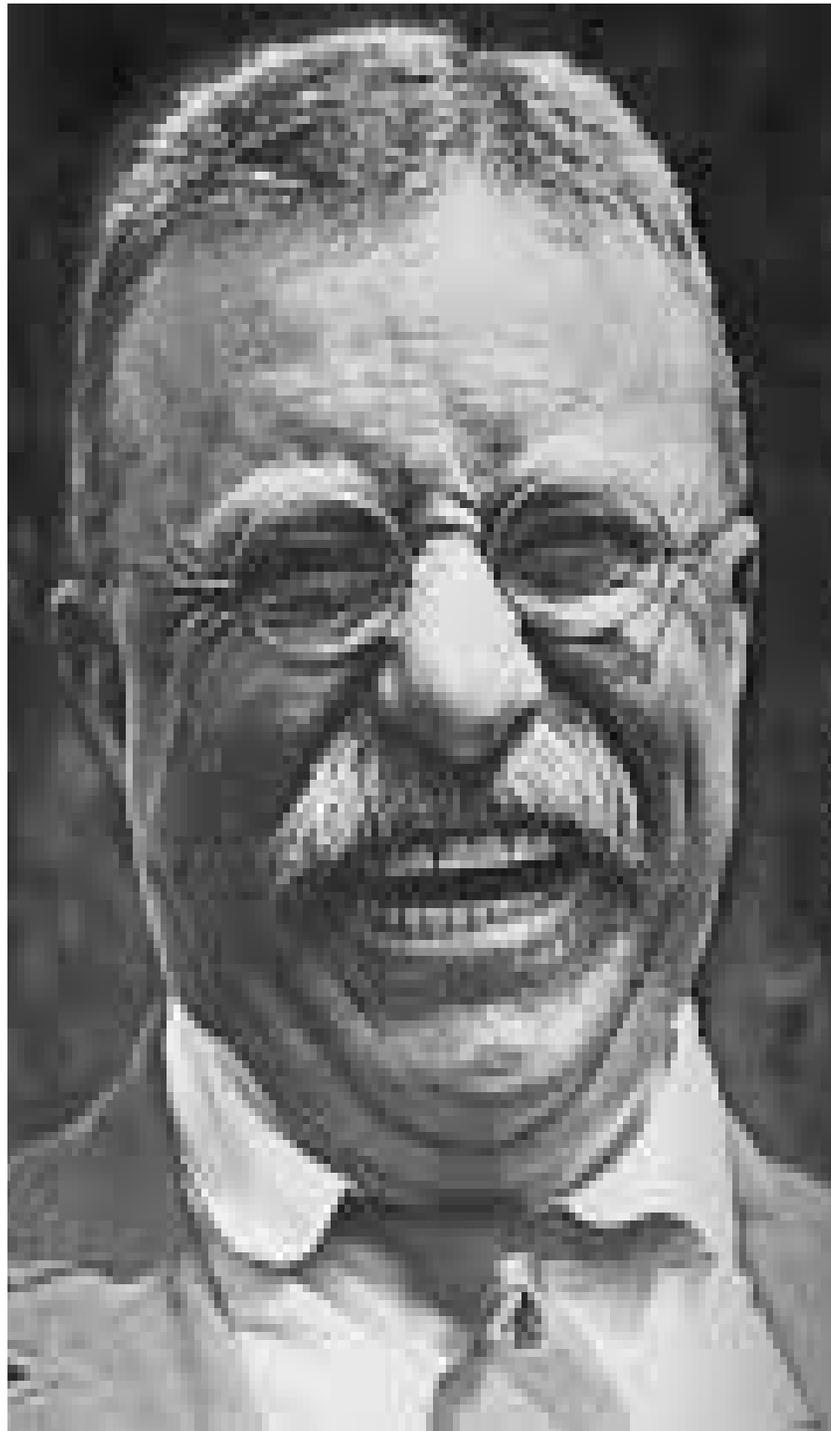
Maintain your sense of humor



Information and Tip Sheet prepared by Dr. Elizabeth Bruce



SOMETHING TO BELIEVE IN

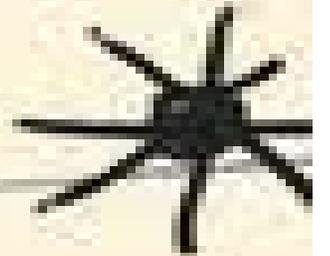


“Believe you
can and you’re
halfway there.”

– Theodore Roosevelt

Education

AND TRAINING



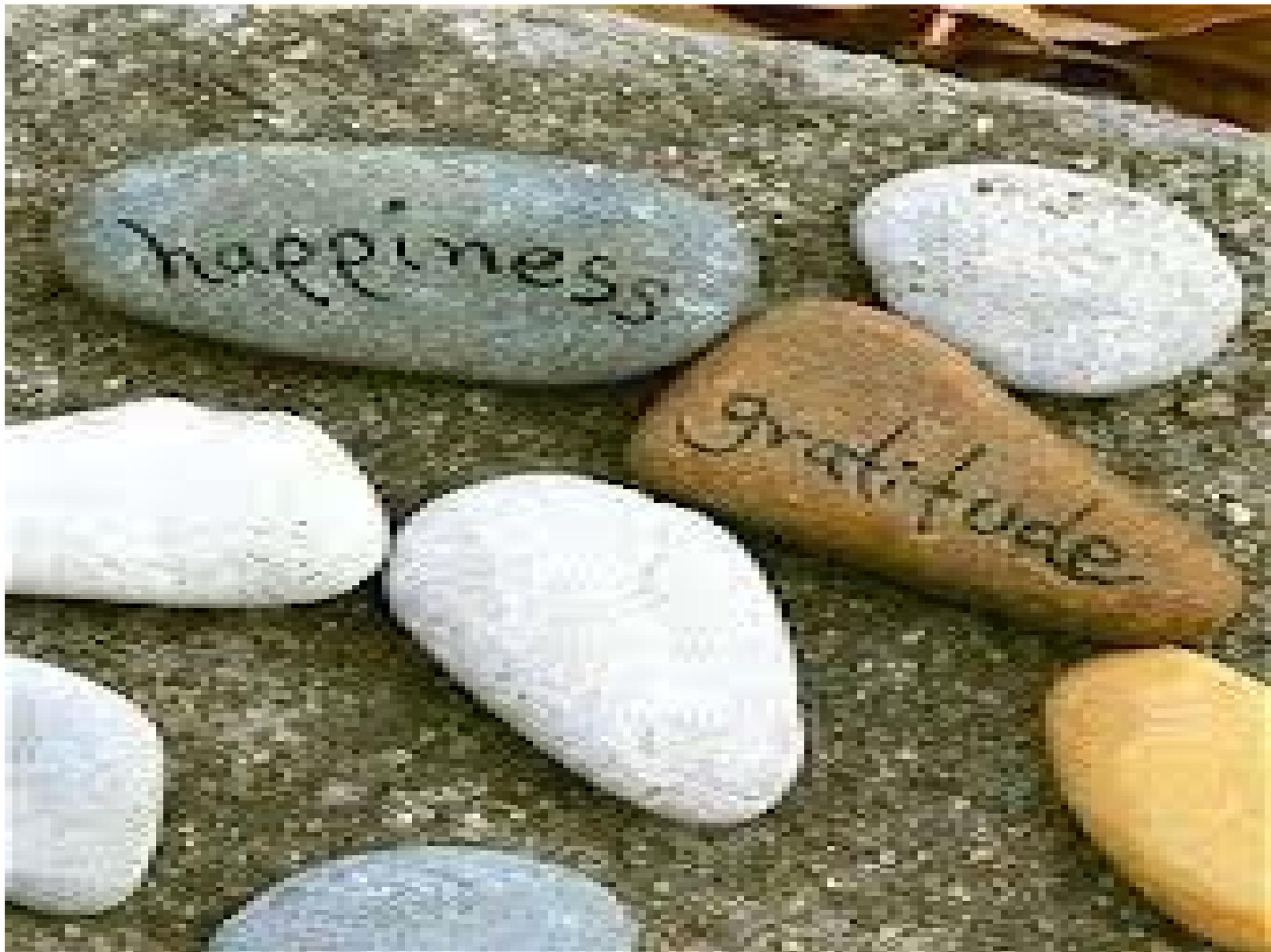
HELLO

My Name is

GRATITUDE

Gratitude





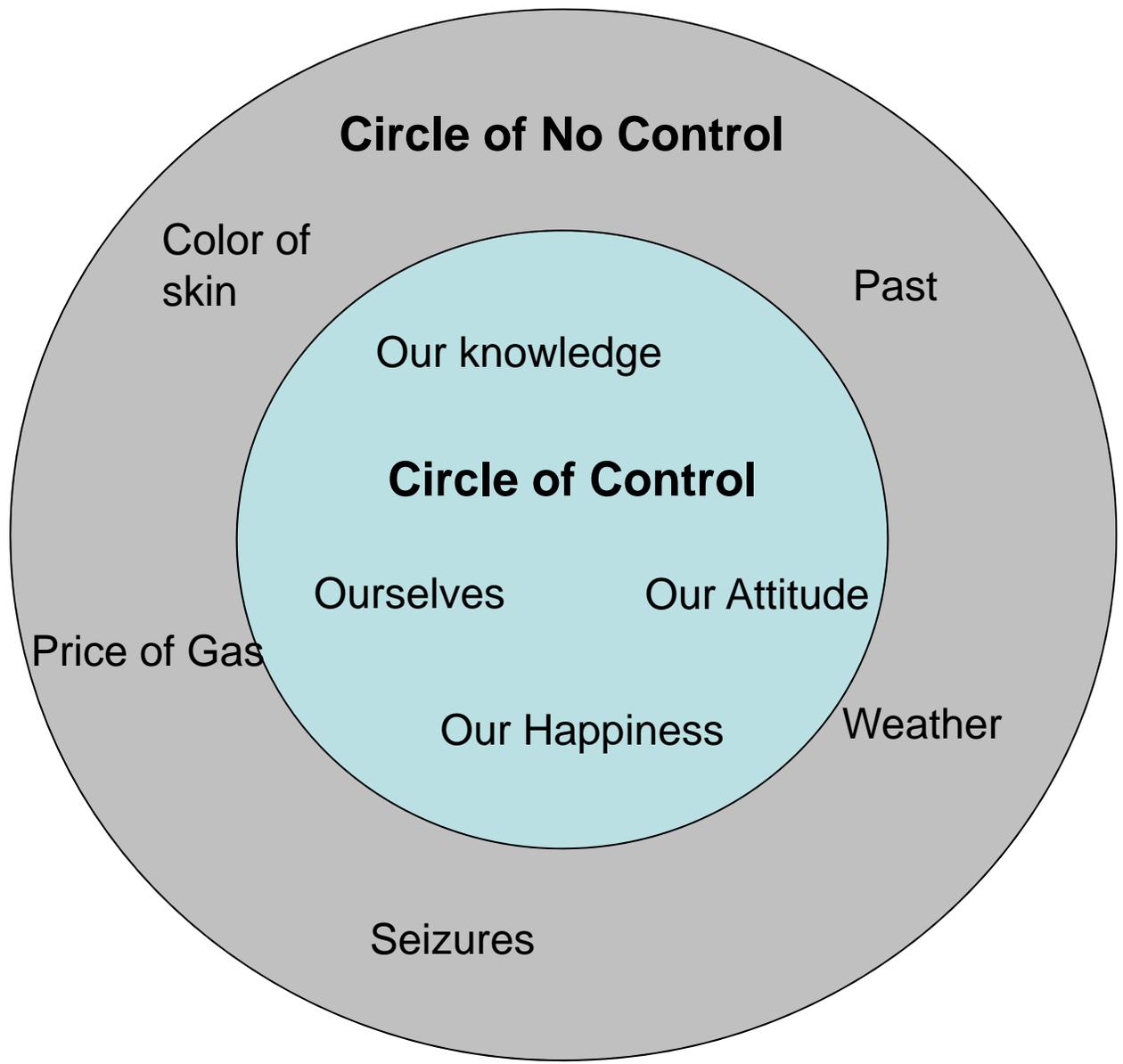
FINDING GRATITUDE CAN BE CHALLENGING



MY GRATITUDE
ADJUSTMENT

Identify your barriers

- Fear
- Avoidance
- Control



Circle of No Control

Color of skin

Past

Our knowledge

Circle of Control

Ourselves

Our Attitude

Price of Gas

Our Happiness

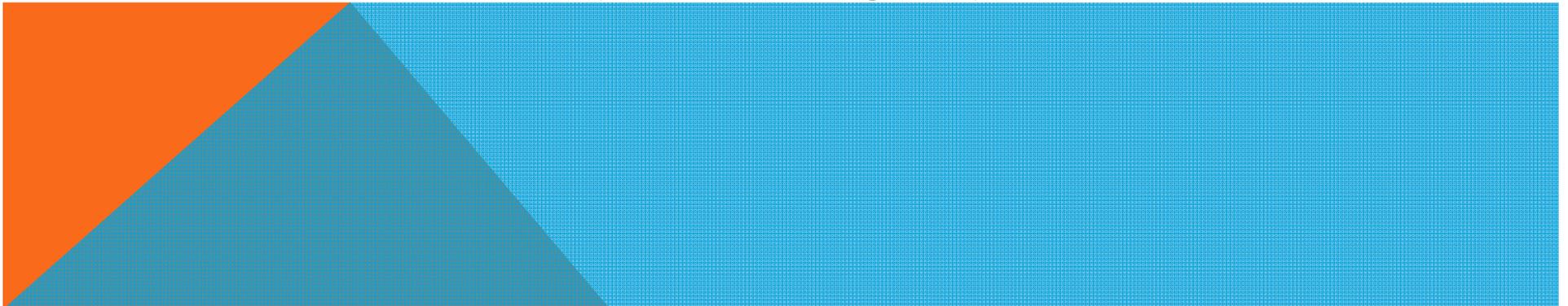
Weather

Seizures



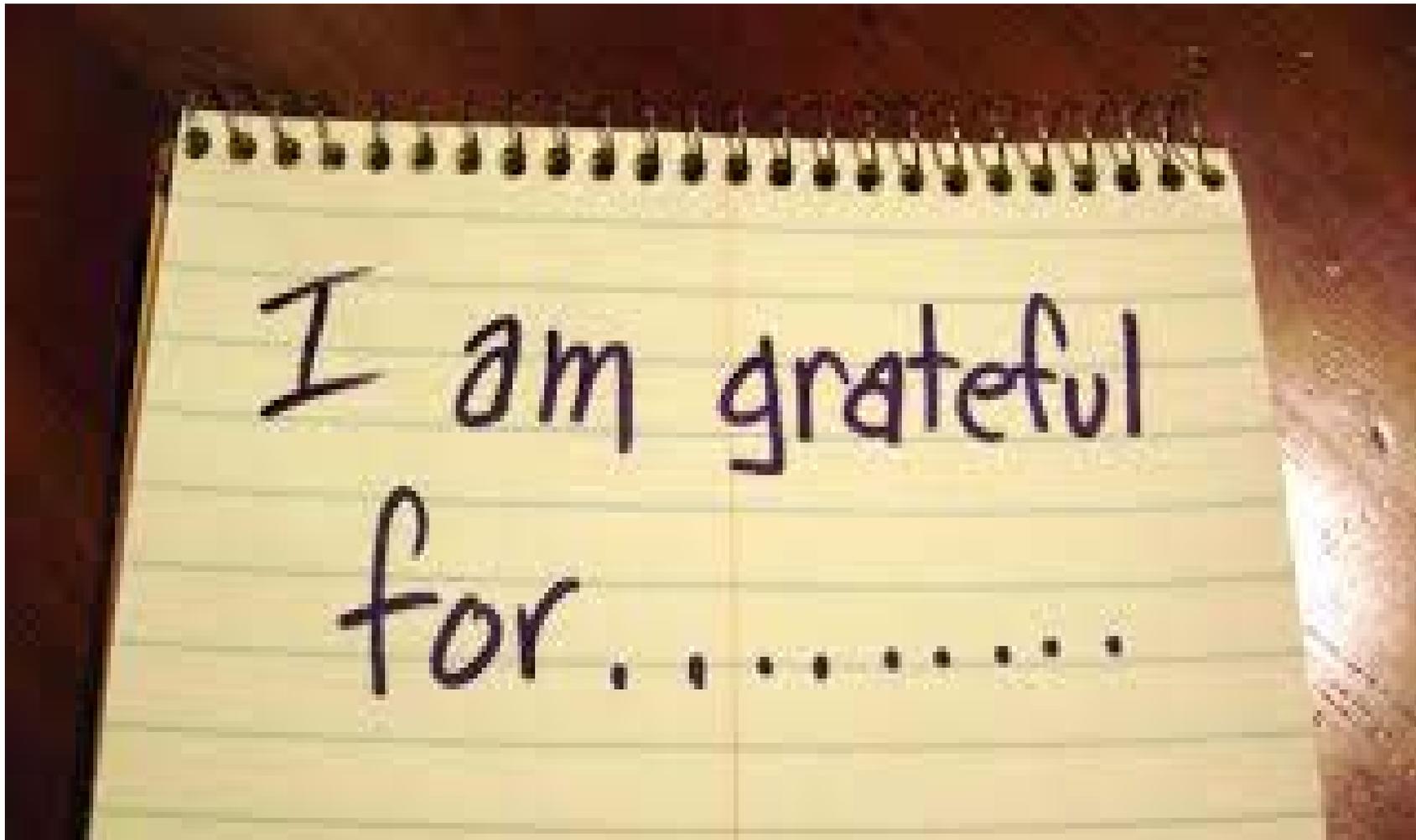
***A daily* gratitude intervention
resulted in more positive effects.**

(Emmons & McCullough, 2003)



GRATITUDE EXERCISE

- Create a “Gratitude Journal”



A black and white portrait of Helen Keller, shown from the chest up in profile, looking towards the right. She has dark hair styled in a bun and is wearing a light-colored, high-collared, textured garment. The background is a plain, light color.

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

Helen Keller



Any Questions?

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