

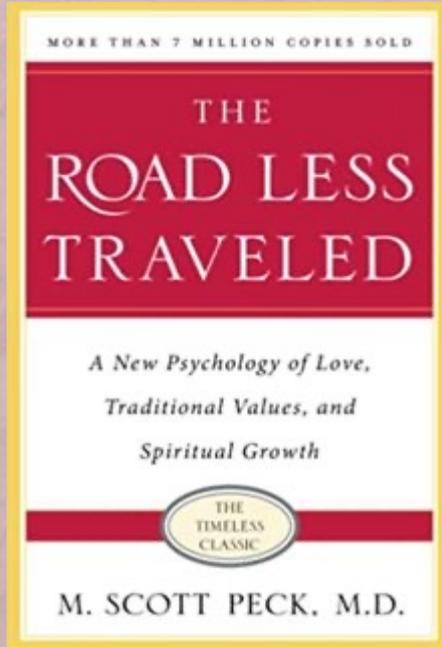


HOW ARE WE DOING THIS?

And How Are **We** Doing?

Finding meaning, love, and even joy on the
arduous path of caregiving

AGAPE: A DEEP AND PROFOUND SACRIFICIAL LOVE THAT TRANSCENDS AND PERSISTS REGARDLESS OF CIRCUMSTANCES



THE WILL TO EXTEND ONE'S SELF FOR THE
PURPOSE OF NURTURING ONE'S OWN OR
ANOTHER'S SPIRITUAL GROWTH

**"universal aspiration that all beings,
including ourselves, will find happiness" -
Frank Ostaseski, The Five Invitations**

**Arduous: involving or requiring strenuous effort;
difficult and tiring**

THIS SUCKS

This sucks. It's not fair. This shouldn't have happened. I'm exhausted, and I'm not sure how much more of this I can take.

LET'S GET PERSONAL

"Acceptance is the answer to all of my problems today" -Bill W. Alcoholics Anonymous

"Life is tough...Because the world is a physical world...and because all of us together as people are the way we are, bad things are going to happen. It is the most natural, the most normal, the most inevitable thing in the world. It is not a mistake, and it isn't anyone's fault. And we can make use of it to drive our compassion and our gratitude deeper."

-Norman Fischer, Everyday Zen Foundation

OUTLINE

Trauma

Grief

Caregiving: the arduousness, the meaning, and the joy

Self-care

Hope

Gratitude

PERSPECTIVE:

spiritual principals, faith, point of view, philosophy
of life

PRACTICES:

things we can choose to do, teach, suggest, share

GRACE:

God, The ineffable, The unknowable

TRAUMA

Stress and Trauma

Stress is pressure exerted on a "body" (*Our* body, and psyche). Action is required to relieve the pressure.

Trauma is an uncontrollable event that wounds us and alters our life forever

The consequences of trauma can be incapacity, numbness, fear, panic, anxiety, depression, rumination, and even psychosis

And...growth

Healing can come from telling our stories to compassionate people, professional therapy, and home-based practices

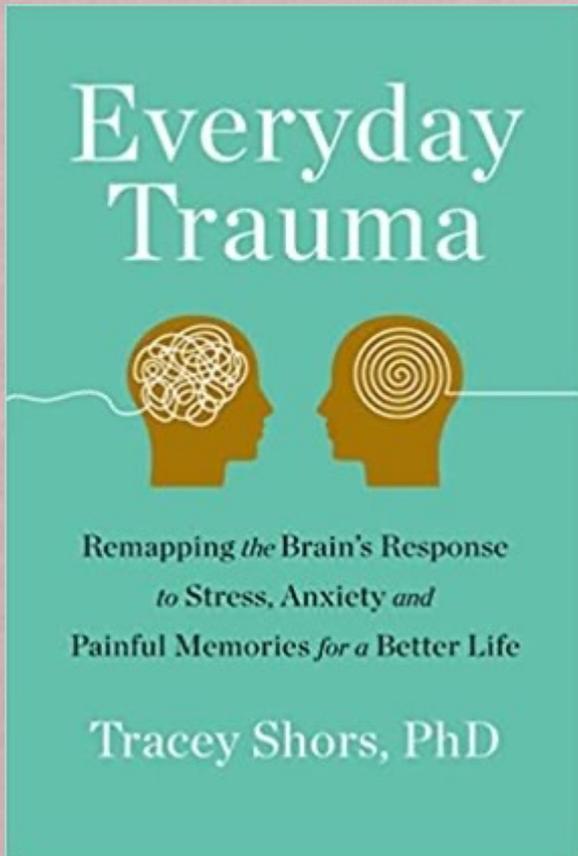
"You have to choose to survive" (Janelle Breese Biagioni)

TRAUMA

Caring for someone with a disability is a source of "everyday trauma" (not to mention, stressful)

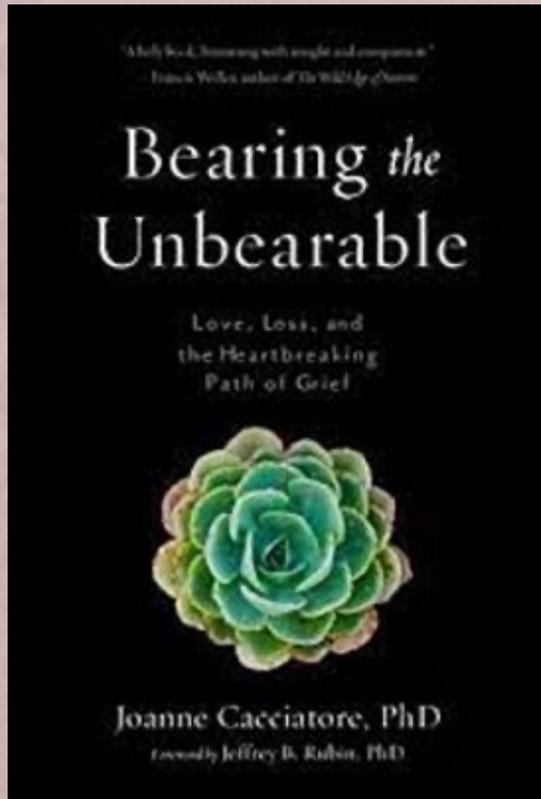
MAP: Mental and Physical training

1. Sitting meditation
2. Walking meditation
3. Aerobic exercise



GRIEF

The collision of love and loss



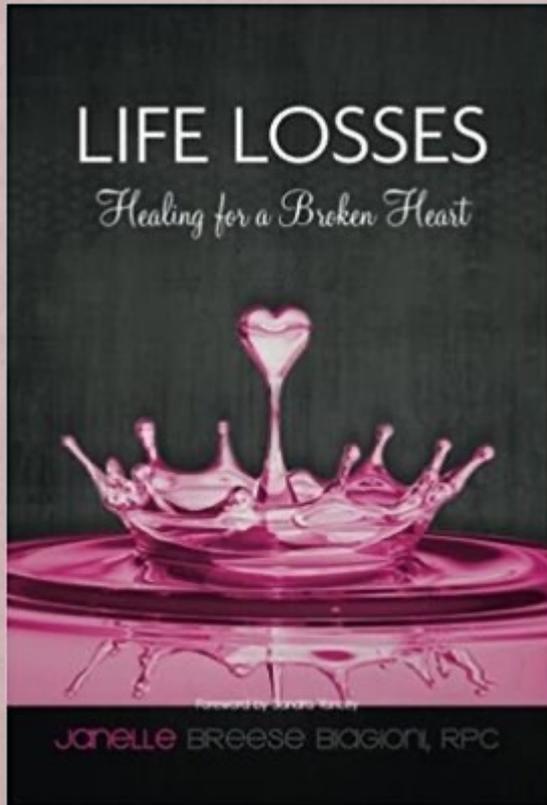
Joanne Cacciatore, PhD

"Grief's most piercing message: there is no way around...the only way is through"

"The depth and the breadth of the loss is unfathomable, and its full impact is never realized immediately, but only gradually over time"

"It feels inescapable and lasts much longer than other people, the non-bereaved, think it should"

GRIEF



Janelle Breese Biagioni, RPC

Extraordinary grief
Ambiguous loss
Veils, not stages of grief
There are no time-lines
The grief journey is
unpredictable
Go easy on yourself-
there is no right or
wrong way to do this
work-except to *not* do it

CAREGIVING

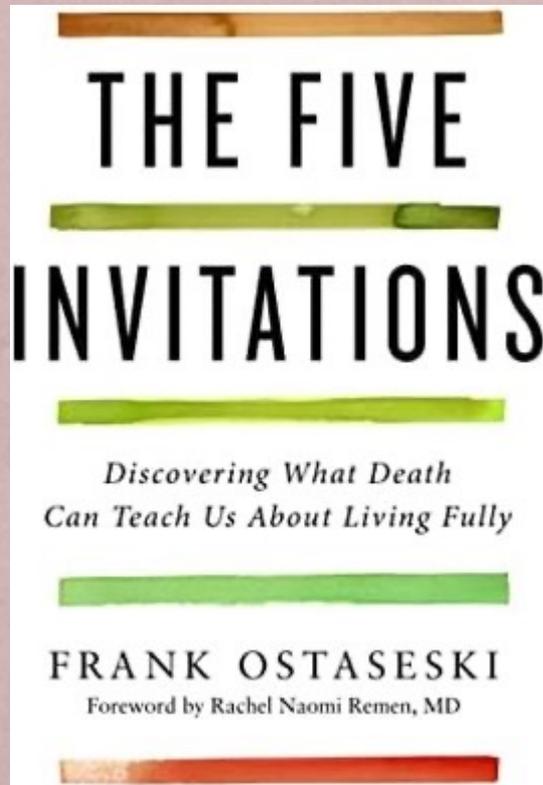
Helping, fixing, or serving?

"Helping, fixing and serving represent three different ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole. Fixing and helping may be the work of the ego, and service the work of the soul.

Service rests on the premise that the nature of life is sacred, that life is a holy mystery which has an unknown purpose. When we serve, we know that we belong to life and to that purpose. From the perspective of service, we are all connected: All suffering is like my suffering and all joy is like my joy. The impulse to serve emerges naturally and inevitably from this way of seeing."

-Rachel Naomi Remen

CAREGIVING



Find a place of rest in
the middle of things

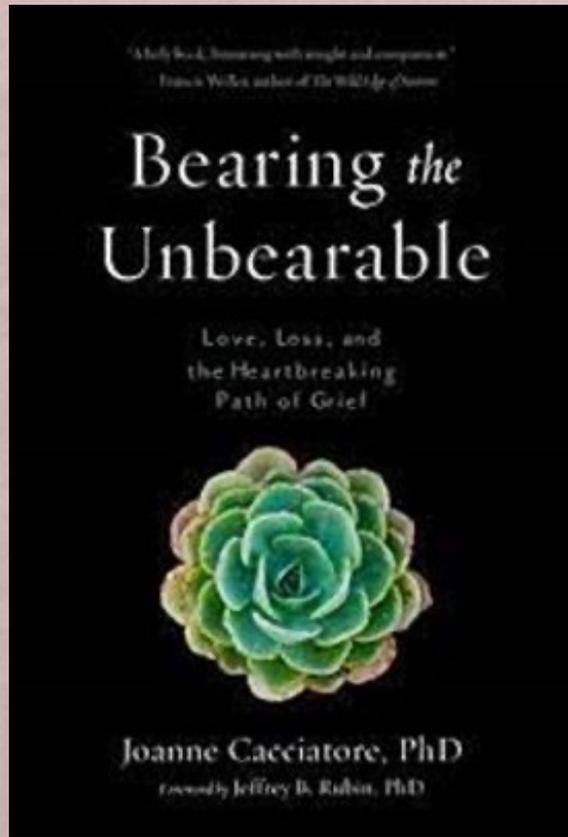
"Often our exhaustion doesn't
come from doing too much, but
rather from a lack of full
engagement or
wholeheartedness"

"we can find a place of rest
within us, without having to
alter the conditions of our lives"

**BONUS COPING TIP:
THERE'S A NAPOLEAN DYNAMITE
QUOTE FOR EVERY OCCASION**



CARING FOR ONESELF

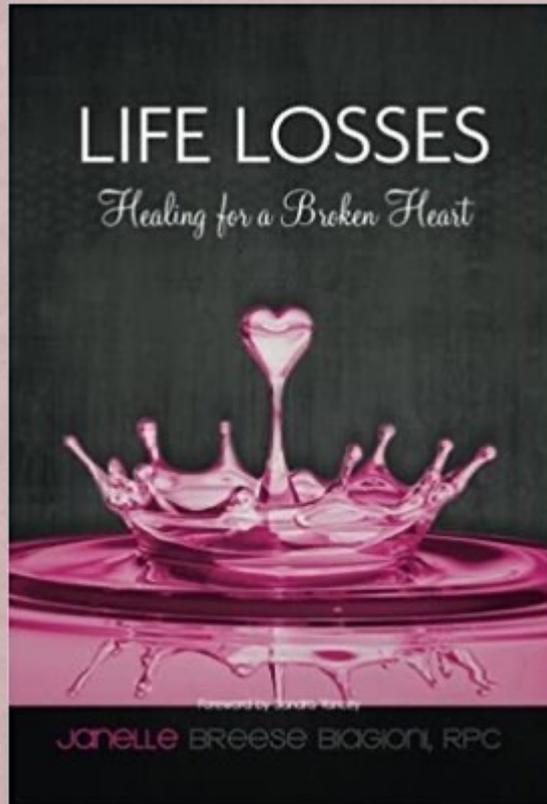


"When we are deeply wounded, we must turn our focus to the injured place in order to survive"

"Self-care is crucial to those who are grieving. Its necessity is non-negotiable"

"Self-care is not a selfish act; it is an act of generosity for self and others"

CARING FOR ONESELF



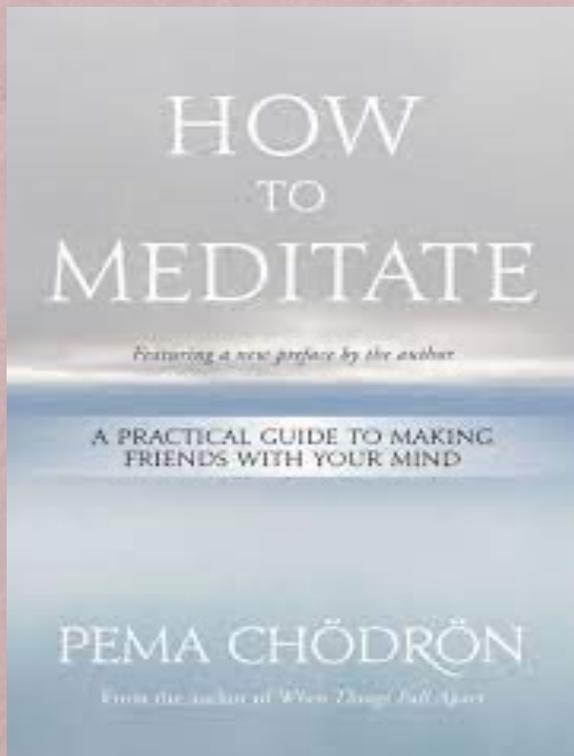
It is surprising what you can do in 15 minutes. Here are a few suggestions:

- ❖ Meditate
- ❖ Listen to music
- ❖ Write in a journal
- ❖ Look at flowers
- ❖ Walk around the block
- ❖ Lie on your bed perfectly still
- ❖ Cuddle with your child or pet
- ❖ Write a poem
- ❖ Sing
- ❖ Watch a candle burn
- ❖ Look for shapes in the clouds

CARING FOR ONESELF



"meditation allows one to float where they would otherwise drown"



"When we start to develop loving-kindness for ourselves, unconditional acceptance of ourselves, then we're really taking care of ourselves in a way that pays off. We feel more at home with our own bodies and our own minds, and more at home in the world."

**I ASPIRE TO LOVE AND ACCEPT
MYSELF EXACTLY AS I AM IN
THIS MOMENT**



MAY I BE SAFE

MAY I BE HAPPY

MAY I BE HEALTHY

MAY I BE AT PEACE

GOD

**GRANT ME THE
SERENITY**

**TO ACCEPT THE
THINGS I CANNOT CHANGE**

**THE COURAGE TO CHANGE
THE THINGS I CAN**

**And the wisdom to know
the difference**

The Power of Prayer

"Prayer is a powerful practice. It is not a matter of abrogating our own responsibility. We are not asking to be absolved of the need to act. We are asking for help and for strength to do what we know we must do, with the understanding that though we must do our best, whatever goodness comes our way is not our accomplishment, our personal production. It comes from a wider sphere than we can control.

Whether we imagine a deity or a God or not, we can reach out beyond ourselves and beyond anything we can objectively depict and ask for assistance and strength for our spiritual work. We can do this in meditation, with silent words, or out loud, vocalizing our hopes and wishes."

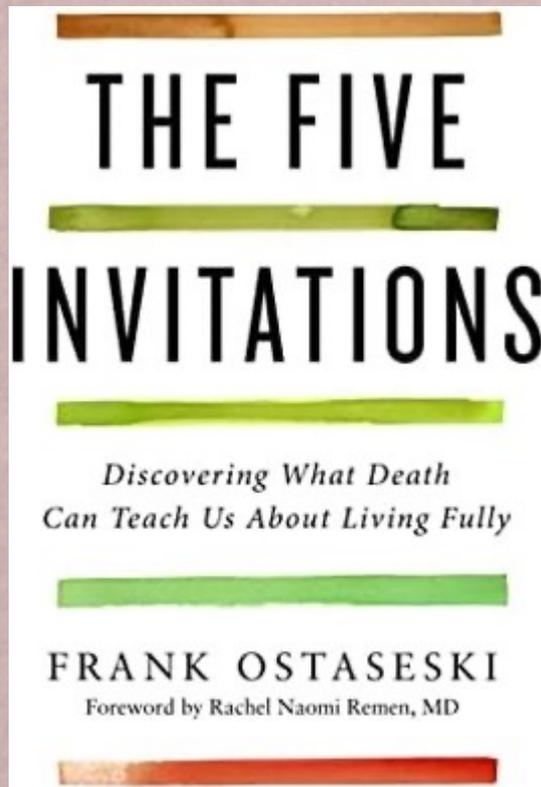
-Norman Fischer

HOPE

"Hope is a subtle, sometimes unconscious attitude of heart and mind that is an essential resource in this human life."

"Hope is being able to see that there is light despite all the darkness" (Desmond Tutu)

"It is an orientation of the heart, grounded in value and trust in our basic human goodness...That fundamental trust guides our actions and allows us to cooperate with others and persevere, without attachment to a particular result...helps us to remain open to the possibility that while life may not turn out the way we first thought, opportunities we never imagined may also arise."



GRATITUDE

Be grateful to everyone: "It's thanks to others and their presence and effort that you have the things you need to continue, and that you have friendship and love and meaning in your life" - Normal Fischer

Difficult people are our greatest teachers -Pema

"We are not either happy or sad. We are not either grieving or grateful. We are both/and...In early grief it's hard if not impossible to imagine ever being happy again; and yet...Gradually, we regain our capacity to feel joyful, and we feel this in the same space as grieving". -Joanne Cacciatore

How to cultivate an attitude of gratitude:

Every day for 2 weeks, write down three good things that happened; think about what your role was in each thing

(A Duke University study found significant reductions in depression that lasted all year)

