Staying Resilient as a Care Partner

Annual Patient Conference
September 6, 2019
Minneapolis, MN
“When life kicks you, let it kick you forward.”

Kay Yow
Charles: Atypical PD
Corticobasal Degeneration (CBD)
Charles’ Symptoms

- Balance issues
- Fine motor movements
- Rigidity
- Movement of eyes
- Speech
Cognitive Symptoms

- Word find, slowed thinking, math
- Obsessions
- Judgment (exec. function)
- Inappropriate behaviors
- Depression, sleep issues
What is your capacity to handle challenges?
Car breaks down or you get a flat tire
Last straw for a day where so many things went wrong--Pharmacy gave you the wrong meds.
Unexpected hospital stay with loved one
How quickly did you bounce back from these or other challenges?
Why do we need to build resilience?
“Resilience helps transform the daunting to the do-able.”

--Jane Meier Hamilton, MSN RN
From Griswold Home Care, July 29, 2014,
“Caregiver Resilience”
What is resilience?
More than just “bouncing back”
“[caregivers] are like teabags. We don't know our true strength until we are in hot water!”

Eleanor Roosevelt
FREE
Weekly Affirmations from Janet
Sign Clipboard
Tips to stay resilient

Stay positive
Resilience after 9/11
Positivity matters... especially during trying times

--Barbara Fredrickson, Ph.D.

Positivity
Work to stay positive
“The optimist sees the rose and not its thorns; The pessimist stares at the thorns, oblivious of the rose”

Kahlil Gibran
Realistic optimist
What Impacts Happiness?

- External: 10%
What Impacts Happiness?

- 10% External
- 50% Heredity

Image courtesy of artur84 / FreeDigitalPhotos.net
What Impacts Happiness?

- 10% External
- 50% Heredity
- 40% Attitude
It’s a choice
Prefrontal Cortex
Reframe your negative thoughts
Shift your focus from the negative to the positive.
Reframe your negative thoughts
Shift your focus from the negative to the positive.

OR

positivePsychologyProgram
YOUR ONE-STOP POSITIVE PSYCHOLOGY PROGRAM RESOURCE
How much positivity needed?
3 Positives : 1 Negative
Positive & Negative can sit together
Our choice to stay positive
How to bring in more positives
One thing I love about my loved one
Look for what went well today
What has gone well for you today?
Savor the Good
Focus on moments that still create positive emotions
Optimist—A person who recognizes that a step backward after a step forward, is not a disaster, but a cha-cha.

Robert Breault
Tips to stay resilient

Stay positive

Flip negativity
“A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.”

Harry S. Truman
Flip negative thinking

How can I see this from a positive standpoint?
The brake light indicator just came on.
With my loved one’s myositis, it takes too long to get going each day.
“Was it a bad day?
Or was it a bad five minutes that you milked all day?”

--tobymac#SpeakLife
Tips to stay resilient

- Stay positive
- Flip negativity
- Build elasticity
Ways to develop elasticity

- Keep your social connections alive
- Face fear
- Find role models
- Recall how you bounced back in the past
Keep your social connections alive
Face fear
Find role models
Recall how you bounced back in the past
Tips to stay resilient

- Stay positive
- Flip negativity
- Build elasticity
- Find meaning
Find meaning
More time together
Learning patience
What are your gifts
“Life holds a potential meaning under any conditions, even the most miserable ones.”

Viktor Frankl
Tips to stay resilient

Stay positive

Build elasticity

Flip negativity

Find meaning
“Resilience is accepting your new reality, even if it's less good than the one you had before.”

--Elizabeth Edwards
Thank You!

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