

# Caregivers Coping With Stress

Presenter:  
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# Introduction

- ❖ Introduce myself and express gratitude for the opportunity to speak at this conference
- ❖ Identifying with the audience: I am 37 year old man living with Polymyositis—was diagnosed with PM in January of 2006 (results from a muscle biopsy, high levels of CPK, etc.)
- ❖ Professional experience/credentials



# Overview of this session

- ❖ Acknowledgement
- ❖ Appreciation
- ❖ Coping with stress
- ❖ Goal setting and sharing
- ❖ Audience questions, comments, input, etc.



# Acknowledgement

- ❖ All caregivers please come to the front and stand
- ❖ Audience applauds and those who can stand, gives the caregivers a standing ovation for their efforts to express appreciation
- ❖ Caregivers return to their seats

# Appreciation

- ❖ Reading of a poem titled “Personal Potency” by Eugene Peterson. Caregivers are this person in the poem. Also read “personal potency 2”.
- ❖ Dependents take their caregiver’s hands (if they can), look at them in their eyes and say, “Thank you for taking care of me. I appreciate you, I value you deeply and I love you with all my heart.”
- ❖ Tourists hiking in the Himalayan Mountains illustration



# Coping With Stress

- ❖ Identifying the stressors: Caregivers share what is stressful to them.
- ❖ Discussion on healthy and unhealthy ways to cope with stress
- ❖ Examples of healthy ways to deal with stress: Getting away to do something for yourself 1 X Wk, journaling, talking with a friend or a counselor, etc.



# Coping With Stress (Continued)

- ❖ Pass out index cards and have the caregivers write down three things that make them happy and follow up with short discussion.
- ❖ Share with the audience what those three things are.
- ❖ Ask the caregivers to evaluate how long it's been since they did any of those things and encourage them to keep doing those things or start doing those things. It is time to take care of you!



# Goal Setting

- ❖ Caregivers are to think of three things you are going to do to cope and deal with stress.
- ❖ Pass out more index cards and have caregivers write down their three goals.
- ❖ Caregivers stand up at your table and share your goals with the audience for accountability purposes (if time allows).





# Closure

- ❖ Play a song for the caregivers by way of youtube called “Beautiful” by Gordon Lightfoot.
- ❖ Audience questions, comments, feedback, input, etc.
- ❖ Audience completes a five-minute feedback form on me and this presentation/session listing strengths of this session as well as improvements for the future.

