



Arizona Myeloma Network (AzMN)

Cancer Caregivers Education Program[©]

‘Caring for the Caregivers: It’s All About You’

March 18, 2017





Arizona Myeloma Network

- Founded by Barbara Kavanagh in 2004.
- AzMN provides advocacy and educational programs for myeloma patients, their families and All cancer caregivers.



“There are only four kinds of people in the world – those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who need caregivers.”

Source: Rosalynn Carter Institute for Caregiving



Program Goals

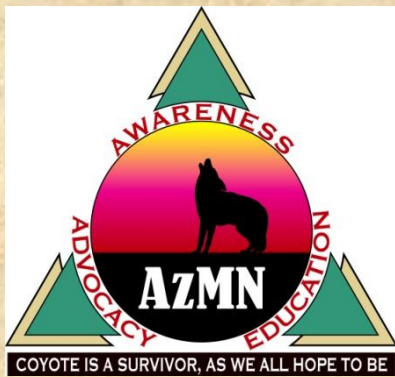
The attendee will learn:

- How to find balance during stressful times
- Stress Reducing Strategies
- Problem Solving
- Humor!



Program Agenda

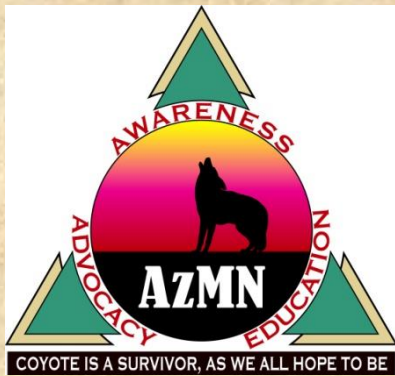
- Welcome and Introduction
- Candle Centering Exercise
- Ice Breaker Exercise
- Finding Balance for the Caregiver
- Stress Reducing Strategies
- Group Exercise
- Control what you can Control #7
- Future Topics of Interest
- Ways to make the Cancer Caregivers Seminars More Helpful!
- Affirmations and Thank you!



Ice Breaker Exercise



- First Name
- Who do you care for?
- What is one thing you do to be healthy?
- Name 1 thing you are most concerned about



Taking Care of Yourself

“The healthiest way to care for another is to care for yourself.”

Dr. James Miller, *The Grit and Grace of Being a Caregiver*



Why Is It Important?

- Cancer Caregiving exposes a caregiver to high levels of stress
- This Stress can become chronic over time



Selfish or “Self-Care”?

- Something an individual intentionally does to promote physical, mental, and emotional health
- It promotes a feeling of health, relaxation, and a readiness to take on challenges
- Other



What Can Get in the Way

- **“I don’t have the time.”**
- **Feeling selfish.**
- **Care-receiver places guilt on the caregiver.**
- **Other**



Finding Balance for the Caregiver Group Task

Finding Balance for the Caregiver 16 Stress Reducing Strategies

1. Make all choices from a solid base of integrity
2. Be clear about today's reality
3. Talk honestly to family and friends
4. Expect and prepare for tough talks
5. Learn the medical lingo
6. During treatment, pain or pain medication might do some talking
7. Control what you can control
 - Get help with housework
 - Get help with yard work
 - Prepare meals in advance and freeze them
 - Keep bills and insurance paperwork organizedso there are fewer financial surprises
 - Do three things every evening before you go to bed
8. Let go of what you cannot control
9. Nest
10. Make comfort food
11. Enjoy life today
12. Journal for yourself
13. Keep a vision for the future
14. Give
15. Take good care of yourself
16. Release yourself from expectations for perfection

By Lisa Bailey

Today's Caregiver [caregiver.com](http://www.caregiver.com)

http://www.caregiver.com/articles/caregiver/finding_balance_for_caregiver.htm



Group Exercise

#7 Control what you can Control





How do you reduce stress?





Another
way to
reduce
stress...





Live, Laugh, Love...!

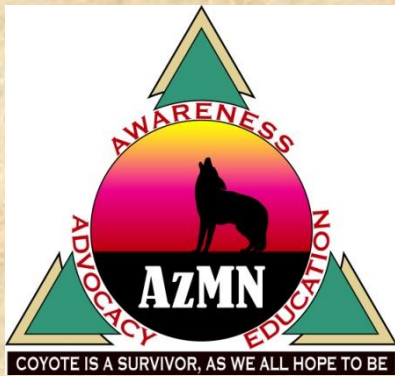
Family
THE ONES YOU *Live* WITH
Laugh WITH AND *Love*



Good joke buddy...



How can we make the Cancer Caregivers program more Helpful to you?



Affirmations **by Anna Hall**

- 1. I make plans for the day, but I remain open to the surprises life offers me. I try to say Yes as often as I can.**
- 2. I cultivate patience and in doing so I cultivate confidence.**
- 3. I welcome the opportunity to step out of my comfort zone and I do not let myself be guided by fear.**
- 4. I love myself unconditionally; it is essential to my happiness.**
- 5. I give everywhere I go, even if it is only a smile, listening is the best gift I can give to those around me.**
- 6. I am going to drink water, eat fruits and vegetables, walk, take the stairs and exercise. Today I am giving love to my body.**
- 7. I try to be impeccable in my word and only speak positively toward myself. I commit to stay peaceful and keep strife out of my life.**

Albert Einstein said there are only two ways to live your life. One as if everything is a miracle. Two as if nothing is a miracle.



Thank You For Attending our Workshop and Sharing your Story!

Please complete the Workshop Feedback form



Program Sponsors

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The Cancer Caregivers Education Program[®] is funded as a result of generous financial support from BHHS Legacy Foundation which is an Arizona charitable organization whose philanthropic mission is to enhance the quality of life and health of those it serves.