# Managing Caregiver Stress With Mindfulness

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### About me:

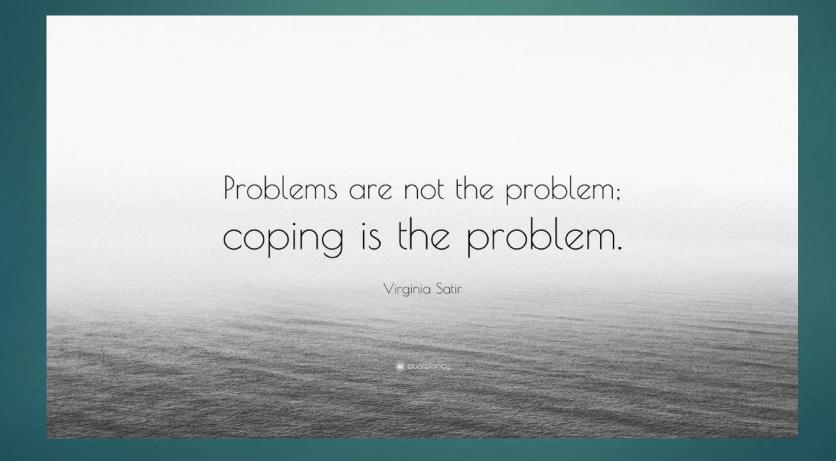
- A therapist who initially attempted to opt out of mindfulness
- My brief encounter as a caregiver
- ► Technology assisted mindfulness- Biosound Therapy

#### Ask Yourself:

- ▶ 1. How do I currently incorporate mindfulness into my day?
- ▶ 2. What do I hope to learn today about mindfulness as a form of stress management?
- ▶ 3. My wish is for each of you to walk away feeling our time together was spent productively. I plan to provide you with ideas about what you can do to manage stress by using mindfulness techniques.



# My favorite quote:



#### Mindfulness Definition

- Placing your attention on purpose, in a particular way that allows the present moment to fully exist. Mindfulness is the space between what has happened and what will happen.
- Mindfulness consists of: 1. Attention 2. Intention 3. Attitude
- Mindfulness can happen in a variety of activities, environments and contexts.

### Mindfulness is not Just a Trend!

- ▶ The history of mindfulness is intriguing as we have moved from east to west and religion to science. Mindfulness is believed to have been practiced for thousands of years, by various persons of a variety of different religions. Currently, it appears to be a trending topic because we are starting to understand mindfulness more through the use of modern technology and research.
- Mindfulness can lower blood pressure, reduce pain, stabilize your weight, balance emotions, improve your sleep, relieve mental and physical symptoms. Neuroscientists believe that mindfulness activities affect the brain's pain tolerance, sense of self, complex thinking, emotional reactivity and it can improve memory. Studies continue to indicate many ways mindfulness can be a protective barrier to stress. We don't have to wait until we are overwhelmed to practice a form of mindfulness.



## Ways to be Mindful:

- Exercise: yoga, Pilates, running, walking, swimming, biking, stretching and karate
- Apps: Calm, Insight Timer, Stigma, Biosound Technologies or Headspace
- Individually: journaling, cooking, prayer, art, mindful eating, hanging out with pets, cooking, gardening, breathing exercises, adult coloring, aromatherapy, playing/listening to music, nature, mindfulness gadgets and practicing gratitude
- Meditation: body scans, guided imagery, meditations specifically designed for specific symptoms

# Activity!

# In Closing

- ► Thank you for your time and willingness to better incorporate mindfulness into your life to try to prevent caregiver burnout.
- Can you think of 1 thing you feel motivated to do in order to improve mindfulness in your life?
- ► Short Video
- ▶ -Questions?

# Mindfulness Video



#### Resources and Recommendations

- Eckhart Tolle, The Power of Now, 1997
- Jon Kabat-Zinn, Wherever You Go, There You Are, 2005.
- www.cmbm.org The Center for Mind Body Medicine
- www.mindful.org Tons of information on mindfulness
- www.komusodesign.com Komuso, necklace that allows you to breath in a way that reduces stress while improving sense of feeling present
- www.heartmath.org –affordable technology that encourages managing stress through breathing exercises
- www.biosoundhealing.com -research on Biosound Therapy
- www.centerforanxietyrelief.com –local technology assisted mindfulness treatments
- www.renaissancepodcast.com -video shown during presentation