

Managing Caregiver Stress With Mindfulness

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About me:

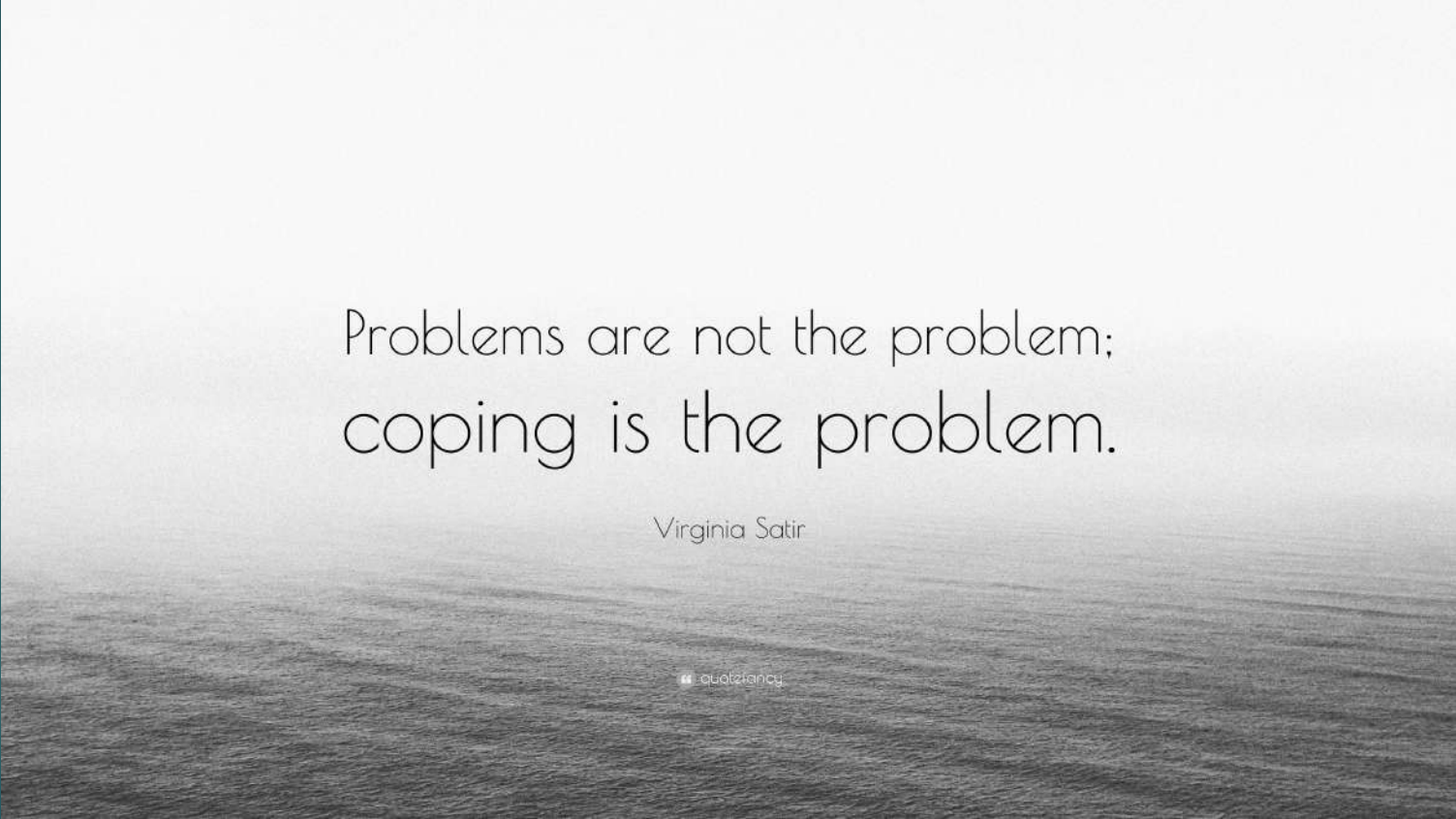
- ▶ A therapist who initially attempted to opt out of mindfulness
- ▶ My brief encounter as a caregiver
- ▶ Technology assisted mindfulness- Biosound Therapy

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:



Problems are not the problem;
coping is the problem.

Virginia Satir

quartzency

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.

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