

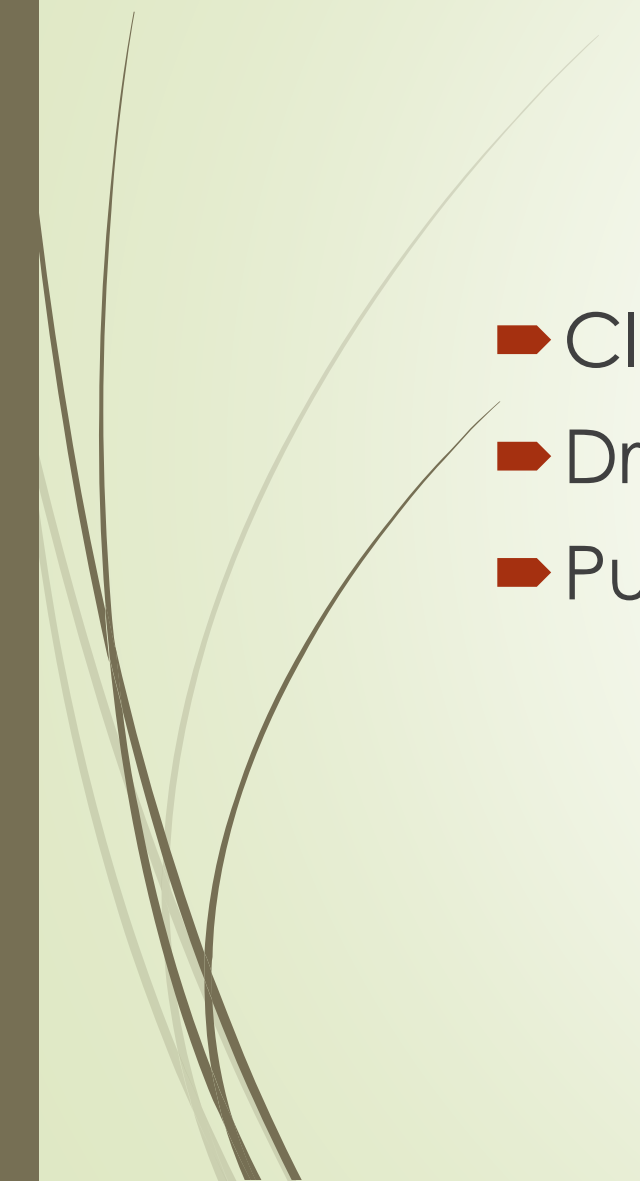


Session 4: The Courage to Care

Self-Care for Caregivers



On A Personal Note

- Close Encounters with Burnout
 - Drawn to Wholeness
 - Putting It Into Practice
- 

Resilience

Keeping the
container full.



The Roots of Resilience

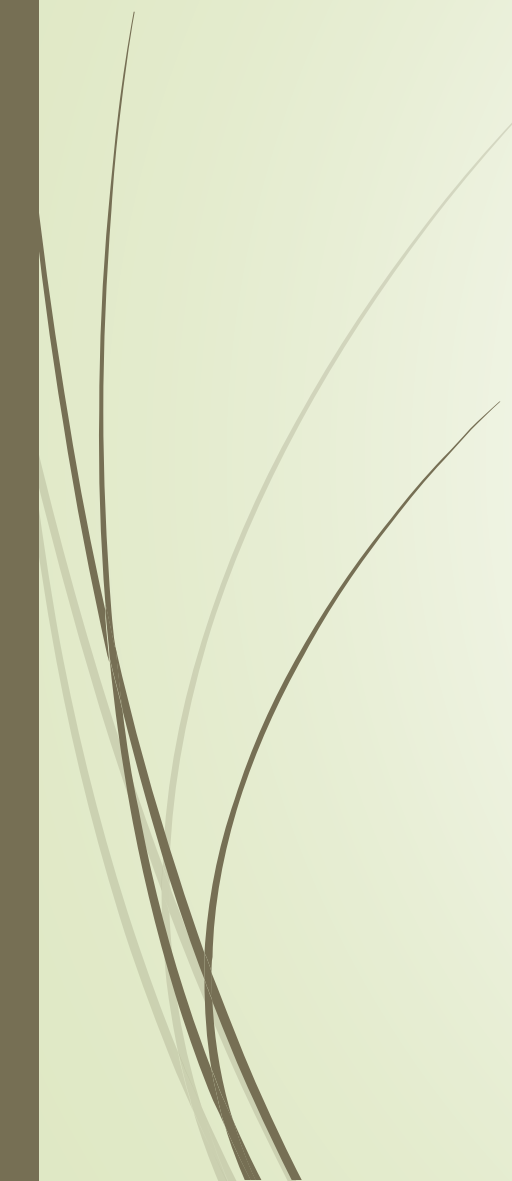
*“Spring Comes,
And the grass grows
by itself.”*

-Japanese Haiku



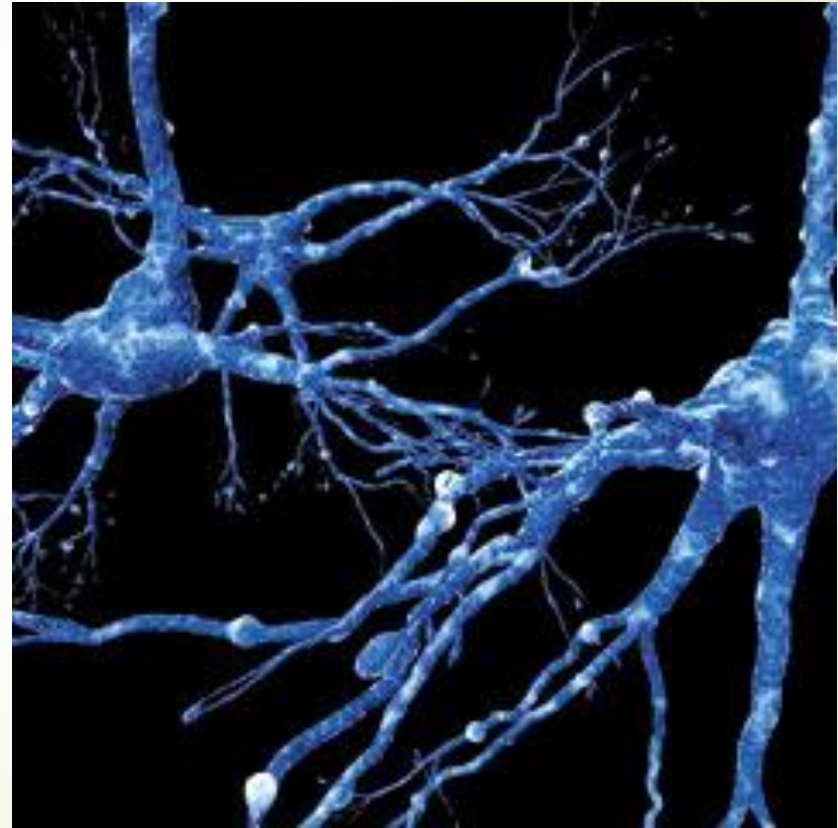


Three Pillars of Mental Wellbeing

- Sleep
 - Self-Acceptance
 - Connection
- 

Neuroplasticity

The brain is always
changing.
Always.



Practice Makes Pattern

- 5 Finger Keyboard
- 2 hours daily for 2 weeks
- Corresponding growth in motor area





YOUR TWO WOLVES





What Are You Feeding?

*“Half of any person
is wrong and weak
and off the path.
Half!*

*The other half is dancing and swimming and
flying in the invisible joy.”*

-Rumi

Mindfulness 101

"We are what we think.

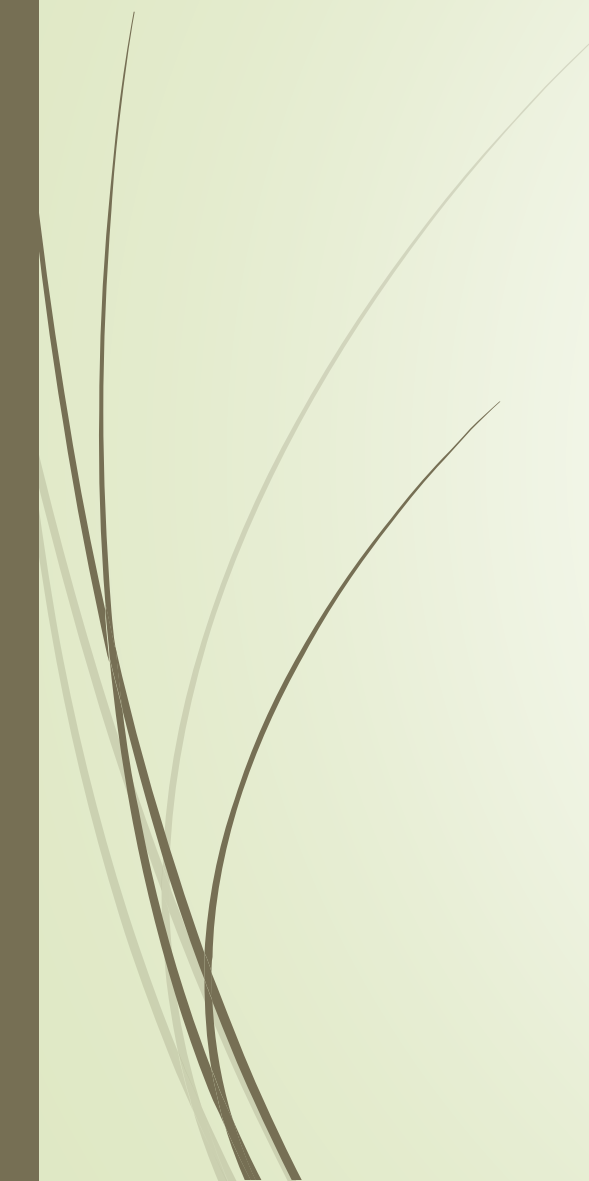
All that we are arises with our thoughts.

With our thoughts we make the world."

- The Dhammapada



See What Is

- Observe thought as thought
 - What's not wrong?
 - "It's a habit."
- 

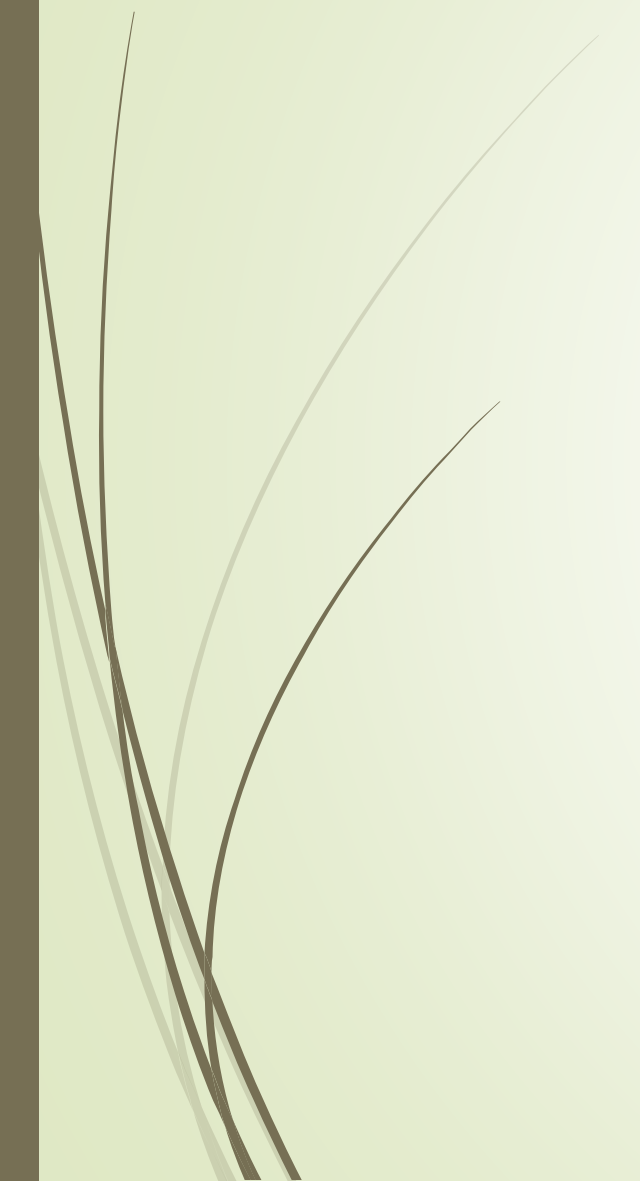


Notice More

- ▶ How are you, really?
- ▶ What are your triggers?
- ▶ Who, or what, restores your resilience?




Accept What Is

- Remain Still
 - Allow
 - Release
- 



Turn Toward the Feeling

- ▶ Have an embodied experience
 - ▶ What's happening right now?
 - ▶ Can I stay with it?
- 

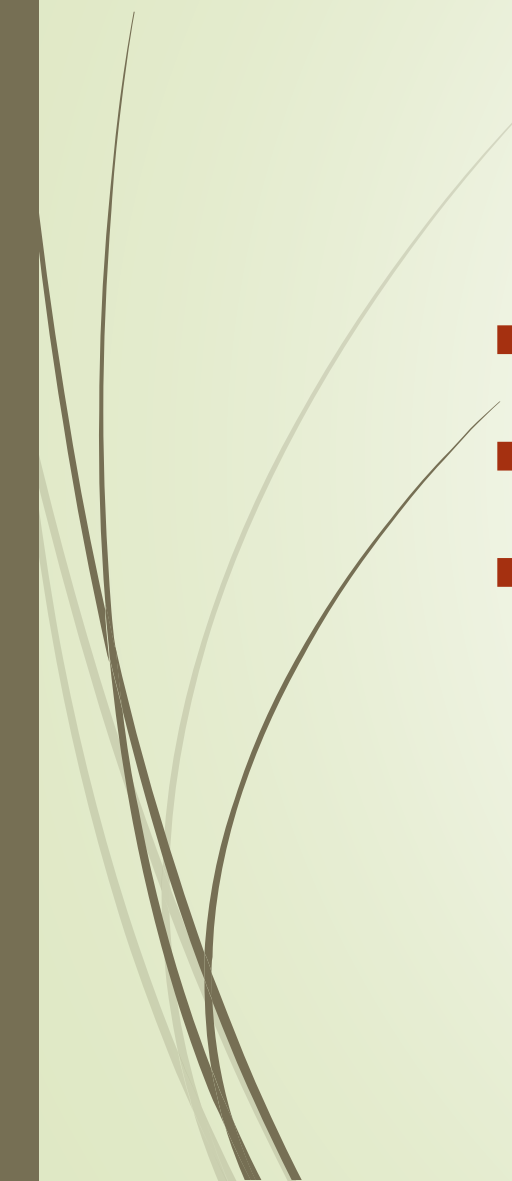
Mindfulness 202

“Live to the point of tears.”

–Albert Camus



Choose Wisely

- 1,000 small choices
 - The 51% Rule
 - An ever-changing path
- 



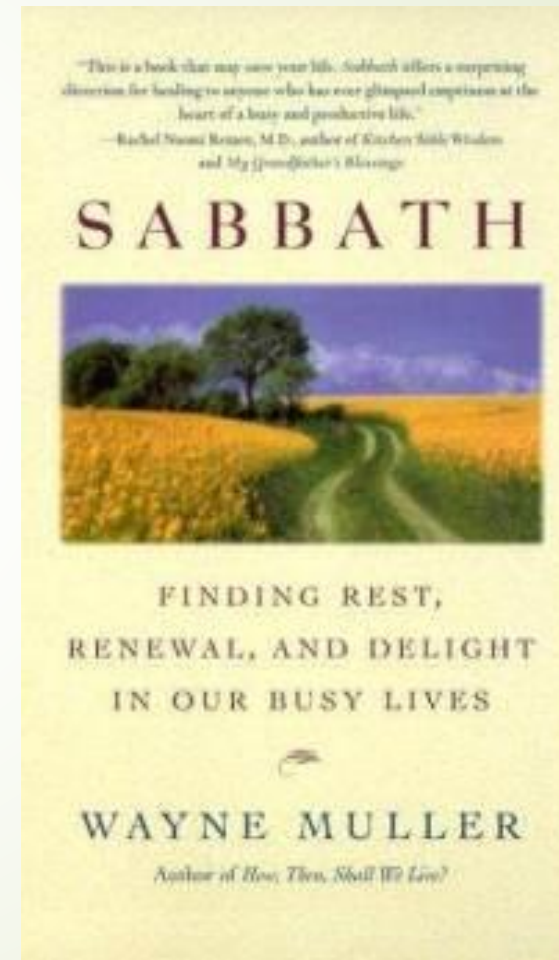
Find More Meaning

- ▶ If just 20% of work is meaningful it is protective
- ▶ Look more closely—meaning is probably there
- ▶ If not, then create it

Attend to Your Inner Self

“Sabbath is more than the absence of work...it is time consecrated with our attention, our mindfulness...listening to what is most deeply nourishing.”

-Wayne Muller



Mindfulness 303

*“Love is the great work
Though every heart is first an apprentice....”*

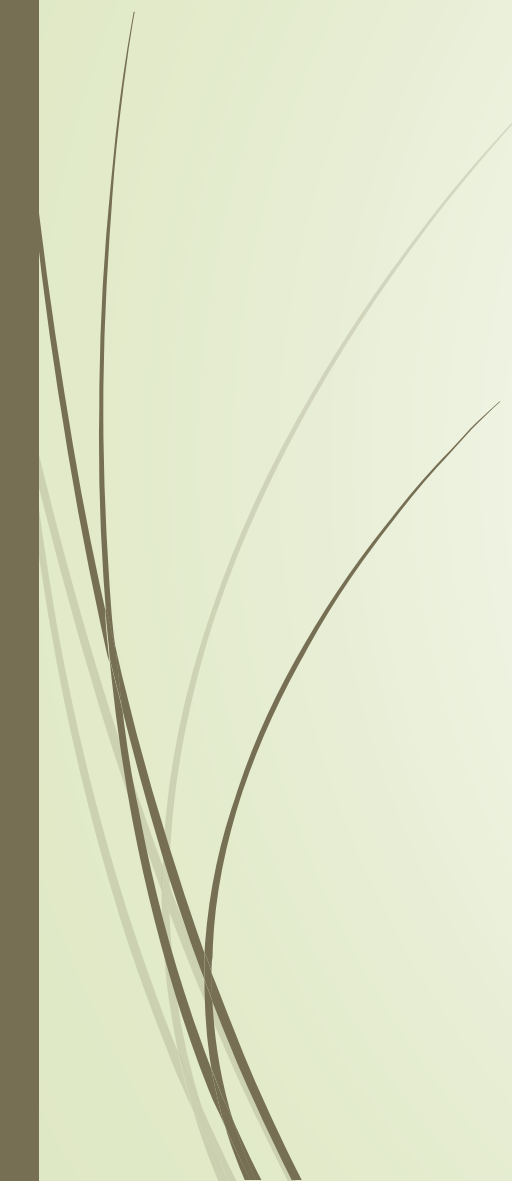
-Hafiz

Creating a Bigger Container





Cultivate a Good Heart

- Be permeable
 - Be vulnerable
 - Don't forget yourself
- 

Embrace Imperfection

Self-acceptance vs. self-improvement





Build a House of Belonging

- ▶ Work from a blueprint
- ▶ Create a circle of belonging
- ▶ Include plenty of windows and doors

"Our bodies know they belong. It's our minds that make our lives so homeless."

-John O'Donahue



Connect With Others

- Social isolation is as much a risk factor as high blood pressure, obesity, or smoking
- Social connection is the most protective factor in resilience
- We all need trusted confidantes

“We can live without religion and meditation, but we cannot survive without human affection.”

-The Dalai Lama

Sustaining a Life of Caring

"Sometimes carrying on, just carrying on, is a superhuman achievement."

-Albert Camus



Taking Inventory: Creating Your Heart-Care Plan

1. What depletes your heart?
2. What fills your heart?
3. What self-care practices are most life-giving for you?
 - Daily practices (5 minutes)
 - Weekly practices (once or more)
 - Monthly practices (deeper work)
4. My commitment: What will you start this week?



There Is One Thing We Can Do

“There is one thing we can do, and the happiest people are those who can do it to the limit of their ability. We can be completely present. We can be all here. We can...give all our attention to the opportunity before us.”

-Mark Van Doren