

PRESENTED BY



Family Caregivers  
of British Columbia

— Let us help —

## Strengthen Your Resiliency Muscle

**Kate Landreth**, Education Lead, Family Caregivers of BC



Supported by the Province of British Columbia



# Family Caregivers of BC



Family Caregivers  
of British Columbia

- Non-profit charity dedicated to the well-being of family caregivers.
- Serving across B.C. as part of the Ministry of Health's Patients as Partners Initiative.
- Three pillars: caregiver support, education, and engagement and collaboration.

## CAREGIVER SUPPORT

- Support Line: 1-877-520-3267
- Informational, referral & navigation
- Support groups
- Caregiver coaching
- Online resource center
- Virtual support circle

## EDUCATION

- Resource library: webinars and podcasts
- Newsletter publications, e-news, articles and blogs
- Support group facilitator training
- Outreach to community groups

## ENGAGEMENT AND COLLABORATION

- Caregiver engagement quality improvement health policy
- Participation in health committees
- Collaborations: condition specific org, health authorities, Ministry of Health research, etc.

# Your Learning

*By the end of the presentation, you will have experienced:*

- Breathing and mindfulness moment
- Self-reflection and learning around resiliency
- Ways to build your resiliency muscle
- Mindful-Self Compassion
- Discussion with caregivers



**Family Caregivers  
of British Columbia**

— Let us help —

# **The 3-Minutes Breathing Space**

**A – Awareness G- Gathering E- Expanding**

# 7.8 million

CANADIANS OVER THE  
AGE OF 15 PROVIDE  
APPROXIMATELY 20  
HOURS A WEEK OF  
UNPAID CARE.

# 1 IN 4

CANADIANS IS A  
CAREGIVER

## WHAT HAPPENS WHEN YOUR SPRINT TURNS INTO A MARATHON?

Most of us can go fast from time to time. We can push the boundaries of our energy and burn the candle at both ends. Then once the urgency is over, we return to a more balanced way of life... At least until the next sprint is required.



## Caregiving Pace

Family caregiving can start gradually or as part of a crisis

Is it not usually predictable – you don't know how or when it will happen

Taking on a role as a caregiver often happens when life is already full

Many caregivers try to squeeze it into a busy life without letting anything else go

# Along the caregiver journey, ask yourself:



Picture referenced from Canva Stock Photos, 2023

## Self Reflection

How is my current self-care?

How resilient do I feel?

What do I need for support?

Where do I turn?

# Self-Awareness

What is self-awareness?

It is the ability to know your internal state, preference, resources, values, and intuition.

Why is having self-awareness important?

It allows you to monitor your inner thoughts and emotions as they arise. Which then supports you in taking action. You first need to be self-aware, then you can implement self-care strategies.



ACKNOWLEDGE  
HOW YOU FEEL

SEE AND HEAR  
YOURSELF IN THE  
SITUATION

ONLY YOU KNOW WHAT WILL  
FEEL COMFORTING FOR  
YOU

# SELF-CARE

IDENTIFY WHAT  
COMFORT WILL  
MEET YOUR  
NEEDS

INTEGRATE ANY  
ACTIVITY THAT  
CREATES A SENSE  
OF COMFORT AND  
WELL-BEING

# Self-Care

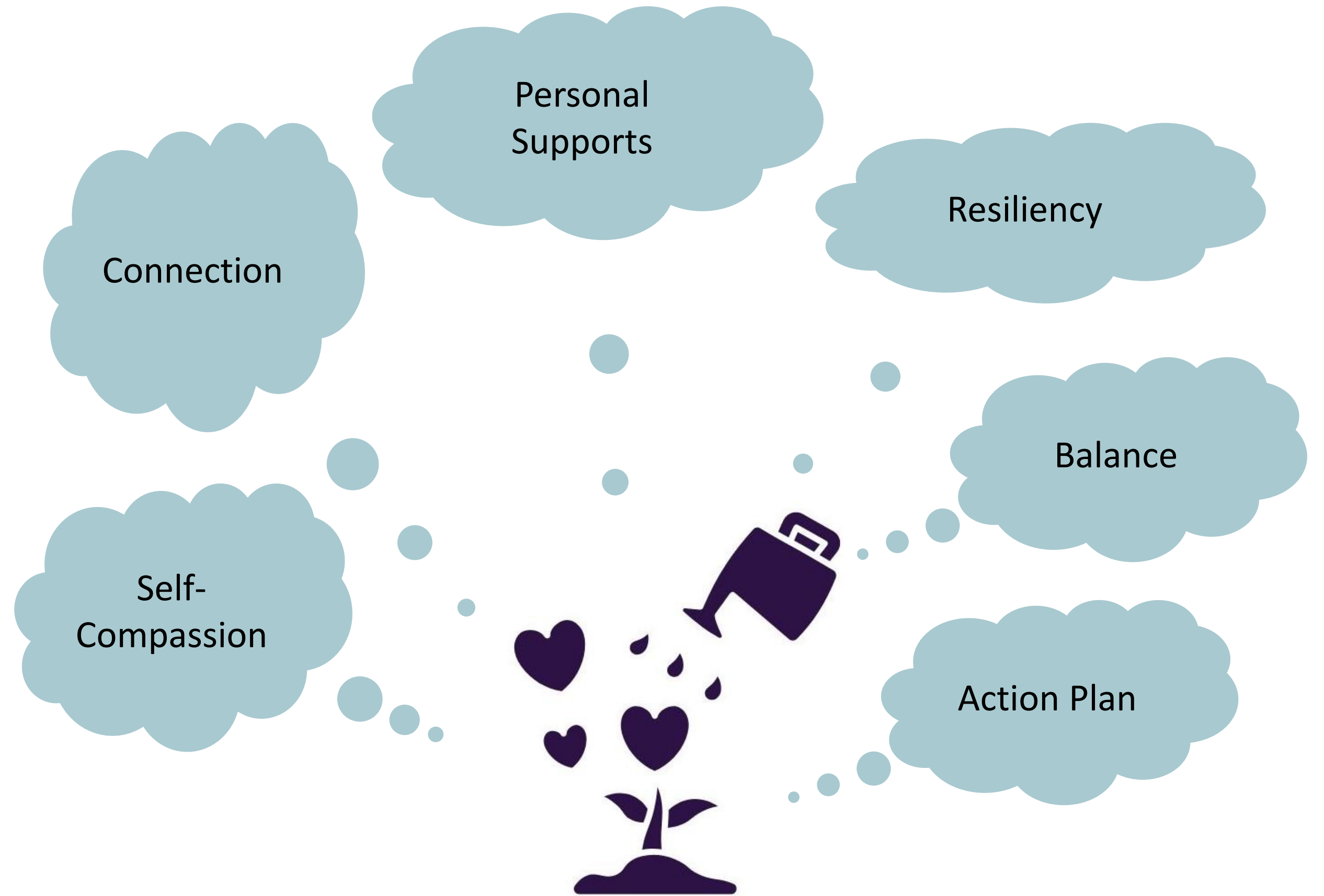
Self-Care activities may change in each situation

Consider: What will support me in this moment?

Sometimes it may be a long walk, or sometimes it's simply a rest. Self-care can be calling a friend or saying 'no' to a social event.

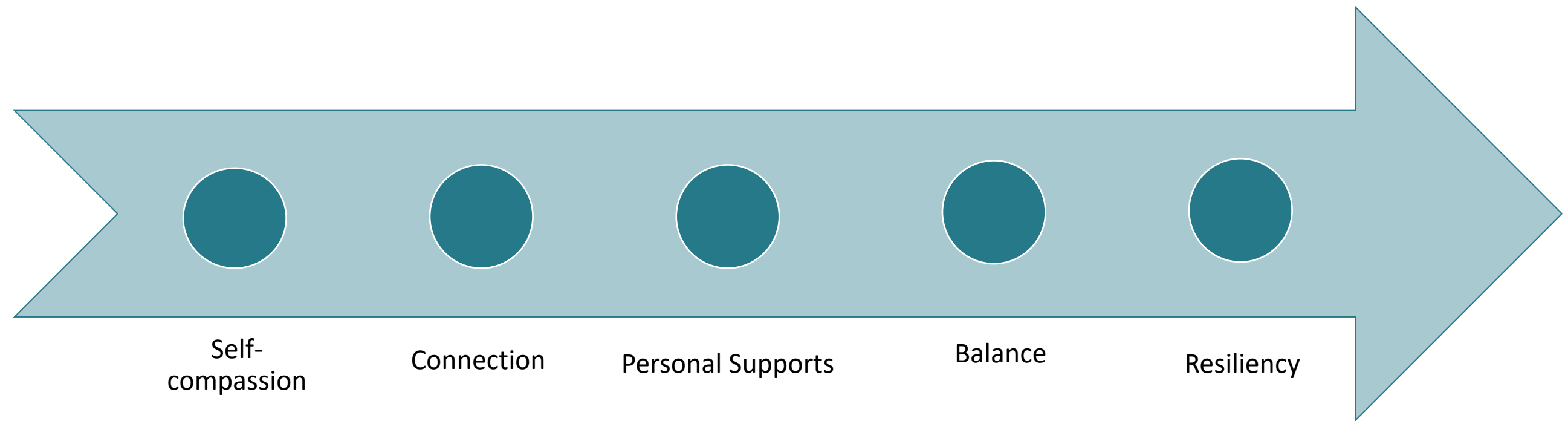


# Self-care strategies



**What ways can I care for myself?**

# Resiliency



**What does resiliency mean to you?**

# Building your resiliency muscle

We are not born with resilience, it is a learned skill

## Reflection



## Benefits of building resiliency

How do you adapt in a healthy way to stress?

What is your ability to recover or bounce back from a difficult situation?

What is your capacity to grow from an experience or 'bounce forward'?

Building resilience helps caregivers **sustain their health and capacity to care**

Expands caregiver's **capacity to move through difficult situations**

**Reduces susceptibility to stress**

# Eight Resilience Factors

1. Cultivate a positive outlook

No sidestepping difficult emotions or situations of caregiving, accepting life is imperfect and not staying too long with difficult or negative thoughts

2. Reframe stressful experiences

Recognizing caregiving can be highly stressful at times, learning how to interpret and respond to stressors, and altering how you perceive an event

3. Create a network of connections

Having strong connections with family and friends who are supporting you as the caregiver, and relying on organizations (like FCBC and BC Brain Wellness) to boost your emotional health

4. Nurture yourself

Practicing self-compassion, believing in your abilities and knowing your strengths, and bouncing back from stress and challenging situations

# Eight Resilience Factors

5. Make friends with reality

Change is part of caregiving and being a caregiver is not in most people's life plan. Shift your perspective and expectations.

6. Stick with your moral compass points

Strengthen your core beliefs and try not to lose sight of where you want to go. Find support in your spiritual beliefs and the importance of taking care of someone else AND taking care of yourself.

7. Prioritize your physical and mental wellbeing

Physical movement influences improved mood, cognition, emotional responses, and immunity. Move your body regularly to cleanse your mind of stress.

8. Create meaning in your caregiver role

Finding positive meaning (even if small) in your role adds to positive overall health and gives you a sense of purpose. It also strengthens your relationship with your care recipient. Your caregiving role and skills are very important.

# Dimensions of Resilience (McCraty, Rollin, 2011)

Rollin McCraty sees resilience as a function of how we self-manage and effectively use our energy across four domains:

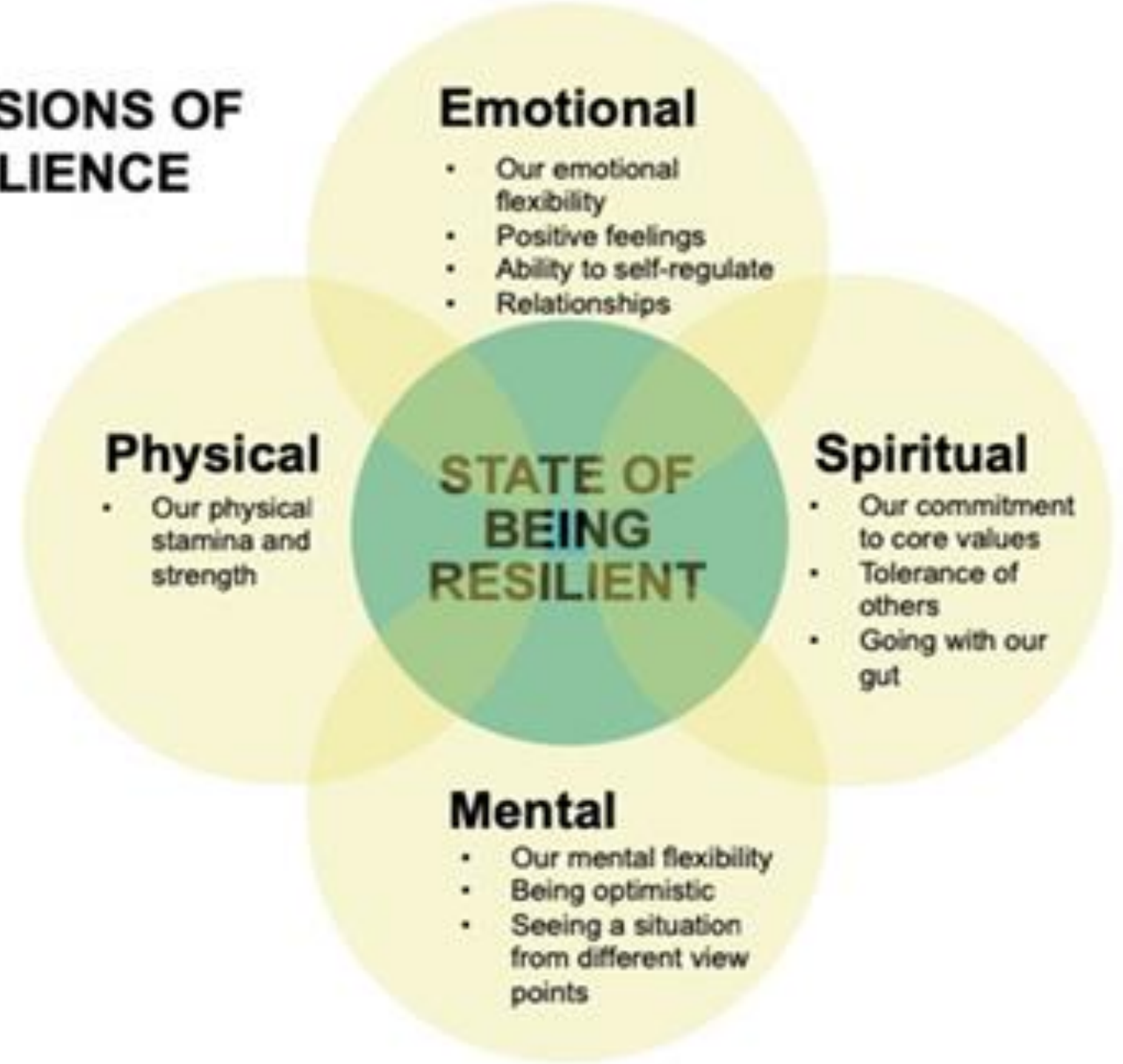
Physical

Mental

Emotional

Spiritual

## DIMENSIONS OF RESILIENCE



How does resilience work?

What does it look like?

What does it feel like?

How does resilience work?

What does it look like?

What does it feel like?

**What makes emotional and physical  
resilience challenging?**

**How resilient are you feeling currently?**



# SELF-COMPASSION MINDFULNESS

Dr Kristin Neff, is a world leading expert on self-compassion and author of book, 'Self-Compassion'...

## "SELF COMPASSION IS CRUCIAL FOR CAREGIVERS-

not only because it helps us forgive ourselves for our inevitable mistakes- but also because it allows us to acknowledge and comfort ourselves for the difficulties of our caregiving role."

“Self-compassion leads to increased feelings of happiness, optimism, gratitude, and life satisfaction. It’s even linked to better coping and resilience in the face of demanding life situations, such as caring for someone else.”

For caregivers, self-compassion is shown to lead to **more satisfaction caring for someone and decreases the chances of burnout.**

Challenges can be addressed by reflecting for yourself and empathetically acknowledging:

“This is hard right now. It’s only natural that I’m feeling sad or stressed.”

**SELF-COMPASSION**

# Three Parts of Self-Compassion Mindfulness Practice



SELF-KINDNESS

COMMON HUMANITY

MINDFULNESS



# SELF-KINDNESS

Be kind to yourself with the same understanding and care you would treat a friend or total stranger in need. The first step in practicing self-kindness is acknowledging your suffering or pain.

Being kind to yourself includes reminding yourself: While I can provide a certain level of care, I cannot do everything by myself - ALL people have limitations.

“COMMON HUMANITY INVOLVES  
RECOGNIZING THAT ALL HUMANS ARE  
IMPERFECT, FAIL AND MAKE  
MISTAKES.”

Locating your experience and your failings, in a sense of common humanity, can stave off harsh self-criticism.

Say to yourself: I am human. I am fallible and going to make mistakes like everyone else. This is difficult, and anyone would be struggling with this.

COMMON HUMANITY

# MINDFULNESS

It is important for caregivers to be mindful of their feelings, especially painful and negatives ones.

When caregivers acknowledge life is imperfect, holding space for themselves in difficult times, they feel better about aspects of their lives.

Consider: I am skilled at recognizing, but not staying too long with negative thoughts. This is key to my wellbeing.

# Affectionate Breathing



Family Caregivers  
of British Columbia

# Useful resources



Resources



Evaluation



How to contact us

# Family Caregivers of BC

[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

1-877-520-3267



**Family Caregivers  
of British Columbia**

— Let us help —

# FAMILY CAREGIVERS SUPPORTS & EDUCATION

**Caregiver Support Line in BC 1 877 520 3267**

Mon-Fri: 8:30am-4:00pm

- One-to-one emotional support
- Help navigating the health care system
- Access to support groups
- Newsletter with timely articles
- Referrals to other community resources



**ONE-ON-ONE CAREGIVER COACHING**



**JOIN A CAREGIVER SUPPORT GROUP**