

Mindfulness for Carepartners

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Goals

- To introduce mindfulness as a concept
- To apply ideas about mindfulness to the specific context of being a carepartner
- To engage in mindful practice
- To explore possible barriers and respond to them
- To make a personal plan that supports success for change



**WE DO NOT REMEMBER THE
DAYS, WE REMEMBER THE
MOMENTS.**

CESARE PAVESE

Mindfulness Defined

A working definition of mindfulness is: the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment.

John Kabat-Zinn (2003)

What Mindfulness is Not

- Mindfulness is not about escaping or fixing anything.
- It is not about disappearing into the moment.
- It does not mean that we become passive when mindful.

Kabat-Zinn



Review Turns
to Judgment



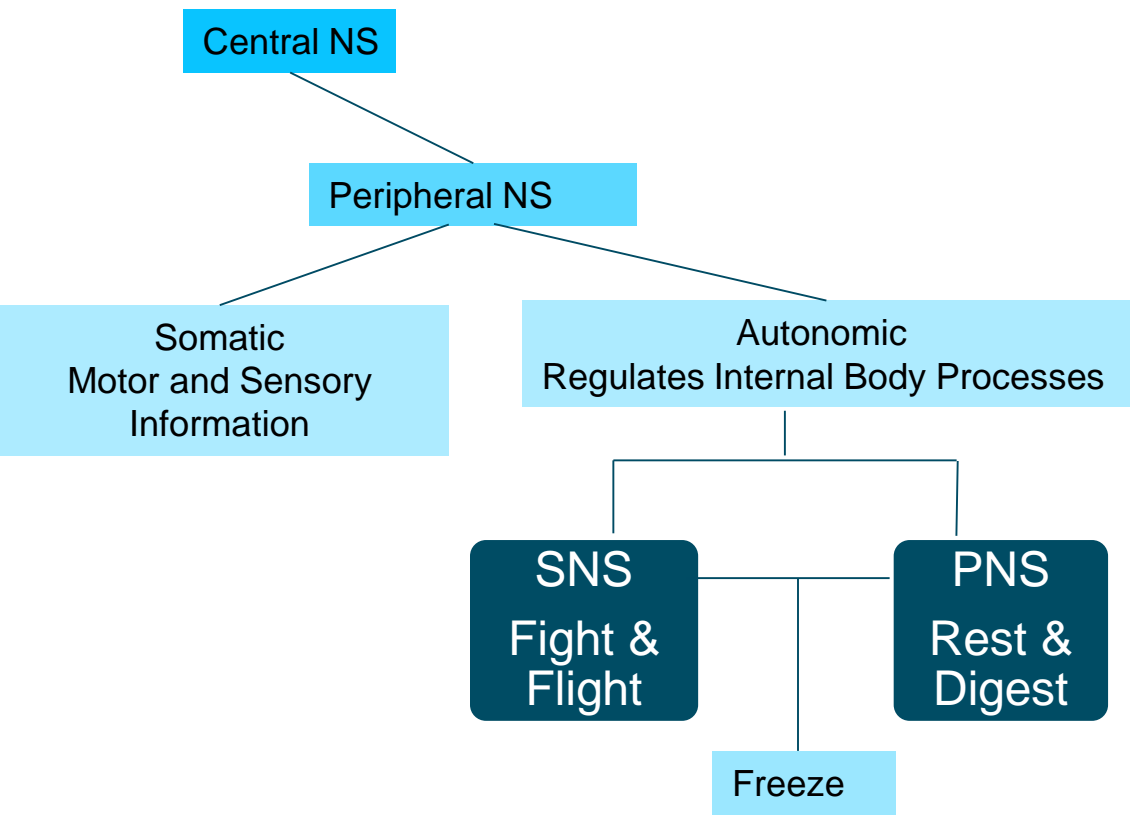
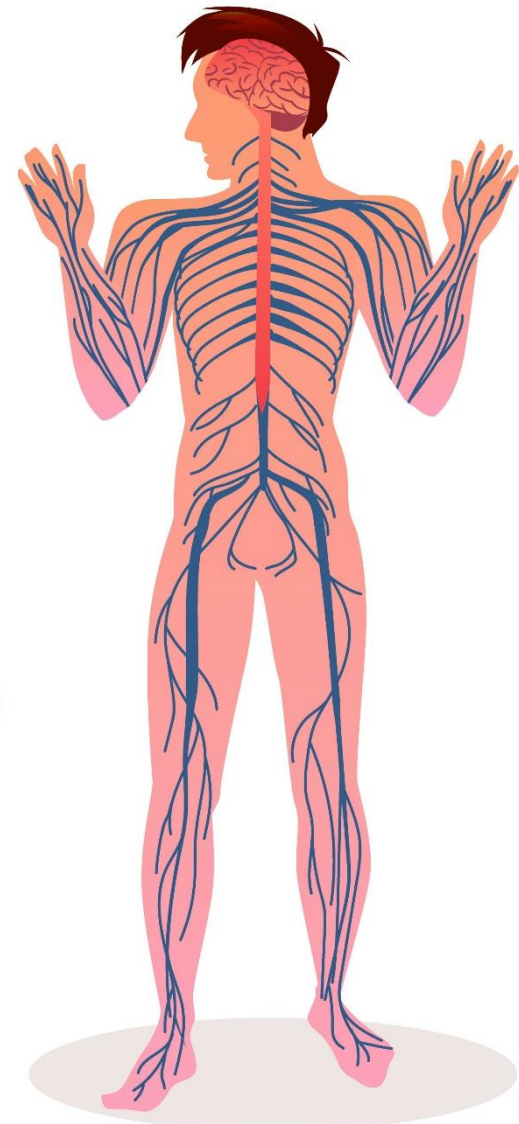
Mindful
Observation
with Anchor to
Moment



Planning Turns
to Worry



Nervous System Regulation



Anger/Anxiety Mountain

Overwhelm!

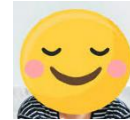
- Not able to hear others
- Not able to reflect

Fight, Flight, Freeze
System Turns On



Regrouping Period

- The mind becomes more flexible again.
- Emotions cool off.



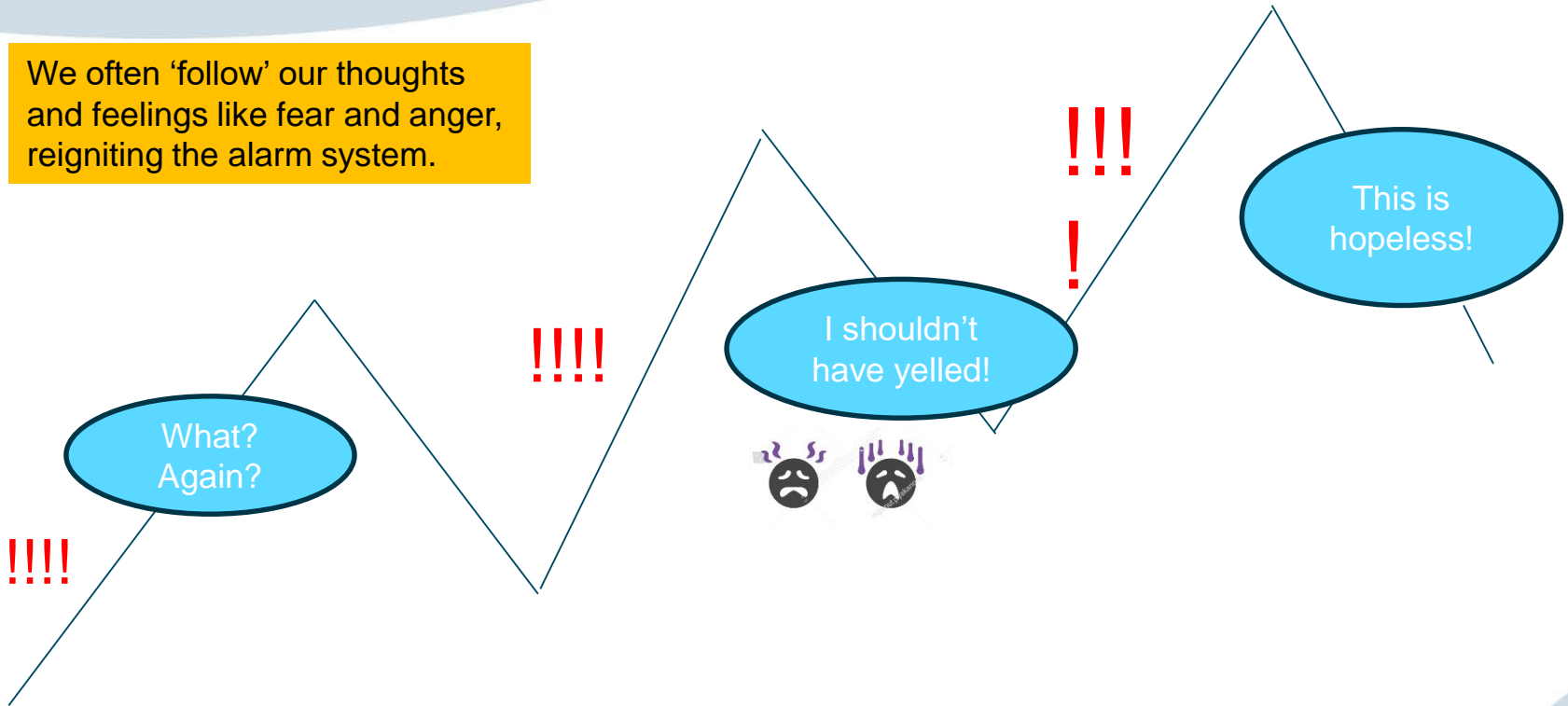
Rest and Digest
System Can Turn On

Venting
feelings

- We can still listen and reflect

Carepartner Mountain Ranges

We often 'follow' our thoughts and feelings like fear and anger, reigniting the alarm system.

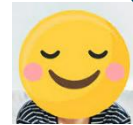


Focused Work

Be kind to yourself. No human can stop reactions at this point.

What is happening in my body?
What do I sense?
What am I feeling right now?

Listen to your alarm bells



Use this time to reflect on experiences and responses.
What worked and what can you do differently?

NO ROOM FOR JUDGING YOURSELF!

Express my feelings.
Talk about my experiences

Smile



Breathe



CLOUD GAZING

Exercise



Spend time with nature



Open Mind



RELAX
RELAX
RELAX

MINDFULNESS

FORGIVE
FORGIVE
FORGIVE

POSITIVE
THINKING

Plant



COOK



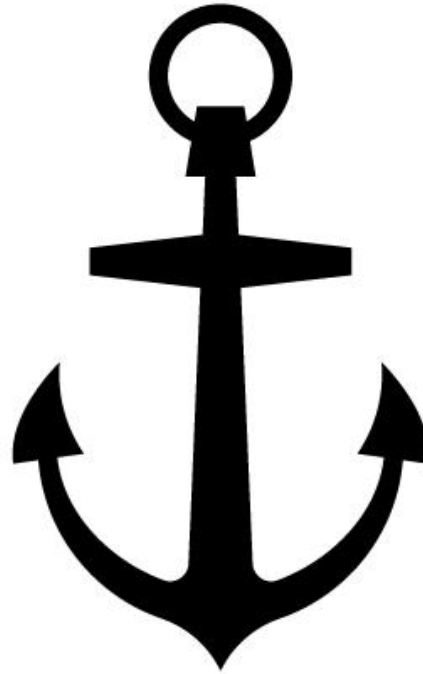
Take the dog for a walk



Chat with friends
<listen>

Take a bath





Using Our Senses

- What is happening in my body?
- What do I sense?
- What am I feeling right now?

- The path to answering these questions opens up a space between experience and reaction.

Barriers

- What barriers exist in your experience?
 - I'm too busy to meditate!
 - I'm exhausted!
 - I need to veg out.
 - I fall asleep when I meditate.

What Cues the Need to Practice?

- Cues signal an overload in our nervous system
 - Emotions
 - Actions
 - Escape behaviours
 - Issues with Rest and Sleep

Structured Practice



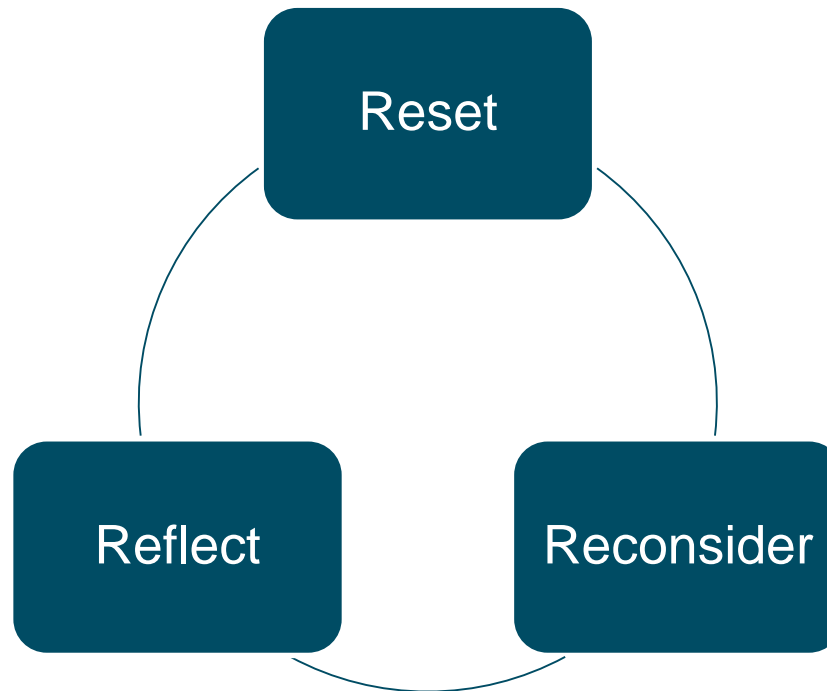
- Find something that *works for you*
 - Visualization
 - Walking
 - Music
 - Guided recordings
 - Use a symbol
 - Find a mantra



Integrating Daily Mindfulness

- Doorknobs
- Brushing teeth
- Mindful eating
- Use aromas in meditation and elsewhere
- Car meditation (NOT while driving!)
- Waiting room meditation
- Where are my feet?
- 5,4,3,2,1 quick grounding

Mindfulness Can Help Carepartners





PSBC

- We can support you with plans for mindful practice.
 - Contact us for resources
 - Consider our free counselling
 - Join our 8 week online mindfulness workshop series starting March 23rd.

Thank
you!