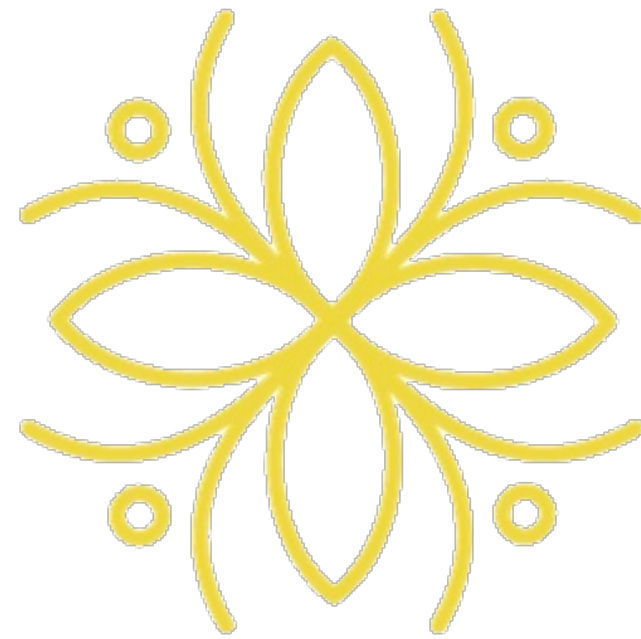


REFRAME, REFRESH & RESILIENCE

Adjusting Our Caregiver Lens



EMBRACING
ANOTHER NORMAL



Always behind.

Never catching up.

“This is just my normal.”

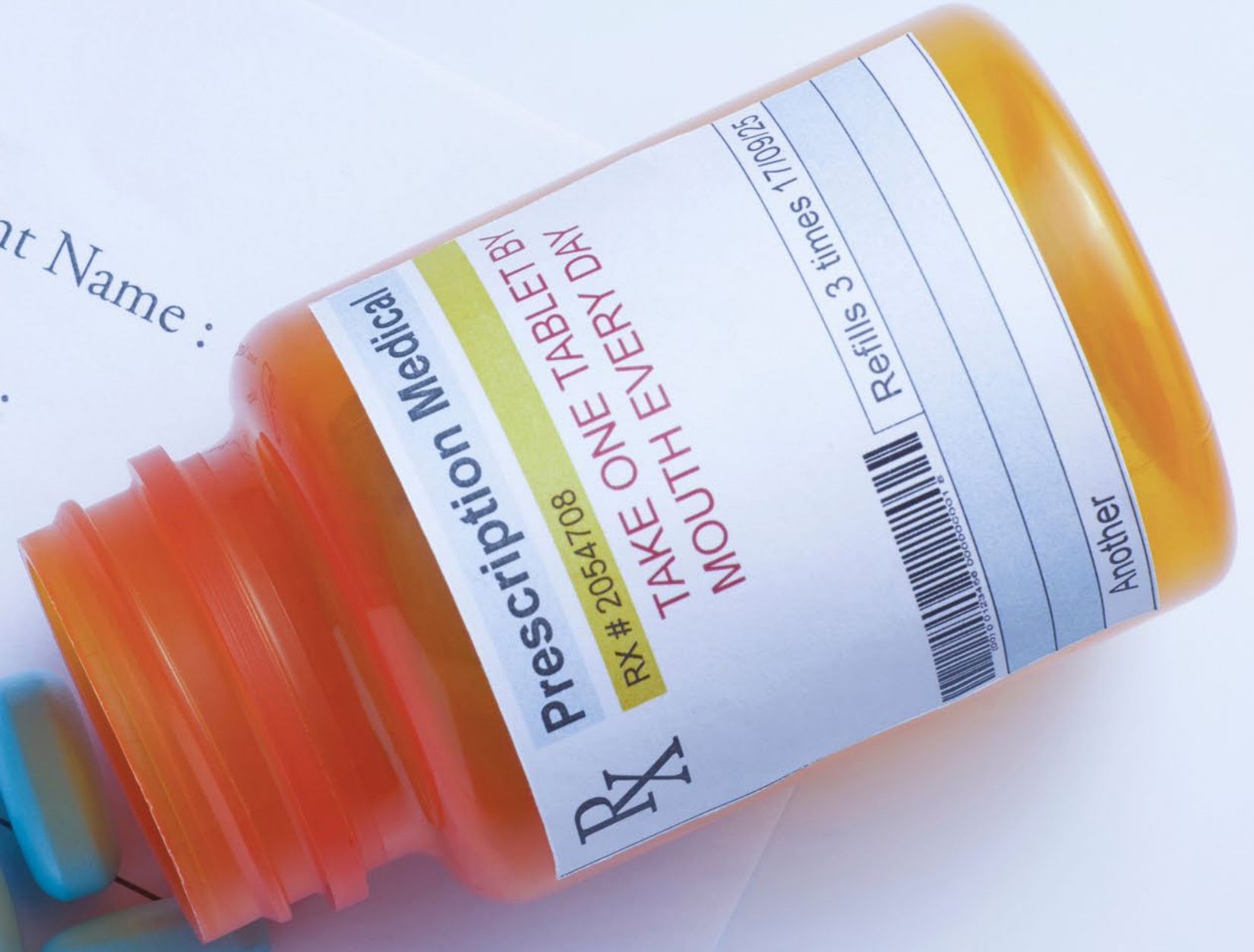


Patient Name :

Address :

Drug :
Dosage :

Directions :





**The exhaustion was just life.
Just motherhood.
Just caregiving.
Just “another normal.”**

**Our lives as caregivers can be so tiring
that even medically-induced exhaustion can
seem normal.**

Something needed to change.



“Be more resilient.”
“Push through exhaustion.”
“Bounce back.”

Doesn't work for caregivers.

Fatigue and obstacles are a given.

Resilience is not just reacting.

Not just feeling less tired.

**It's being prepared
for what makes us tired.**





“You’re so strong.”

“I don’t know how you do it.”

“You’re incredibly resilient.”

Living in constant fear.

What's the next hard thing?

**We can manage our fears by building our
“challenge readiness.”**

HATE



LOVE

THE SIX CHALLENGES PROJECT



Embracing Another Normal

RESILIENCE STORIES
AND STRATEGIES
FOR RAISING CHILDREN
WITH DISABILITIES

KRIS BURBANK
LINDA L HOOPES

**Resilience
is proactive.**

“Pro-silience.”

Not a response to the past.

**Ability and willingness
to prepare for the future.**

Built through daily practice.

**Helps families make sense
of life's uncertainty.**





RESILIENCE =

**Set of muscles
we proactively
strengthen through
daily practice**

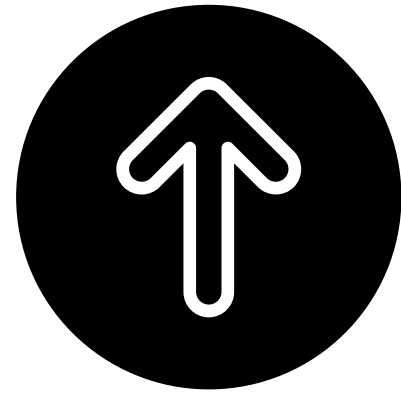


CONNECTION

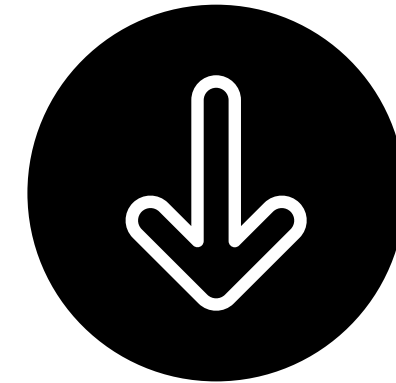
The ability to build relationships with others and draw on them for support.



CONNECTION



- **Ask for emotional support or help to get things done**
- **See ourselves as part of a community**



- **Strongly prefer to work independently**
- **See asking for help as a sign of weakness**
- **Feel something will only be done right if we do it ourselves**

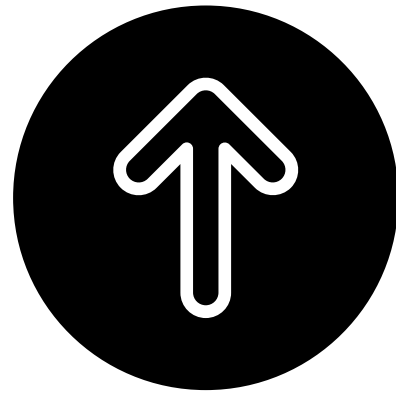


PRIORITIES

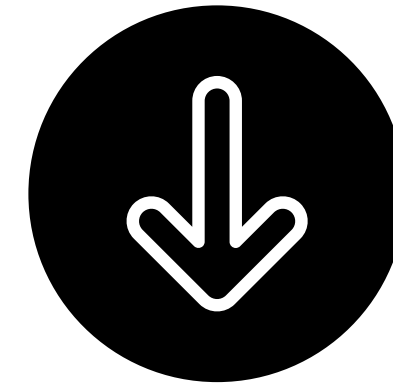
The ability to identify and pay attention to the most important things.



PRIORITIES



- **No without guilt**
- **Clear about boundaries**
- **Stay on track**



- **Burned out doing it all**
- **Others' priorities become ours**

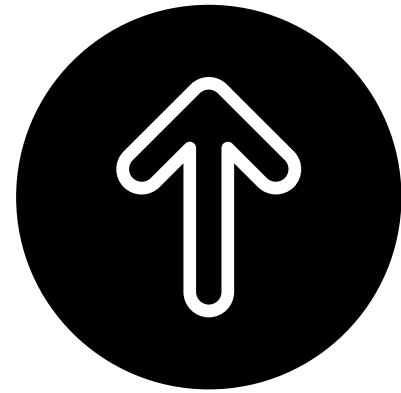


STRUCTURE

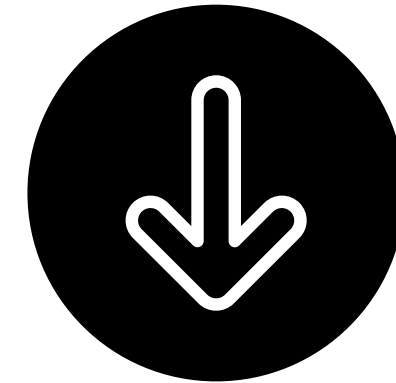
Create and apply effective systems, processes, and plans to help better navigate challenges.



STRUCTURE



- **Develop systems and processes**
- **Think before acting**



- **Resist routines**
- **Impatient with details**
- **Constantly reinvent the wheel**



EXPERIMENTING

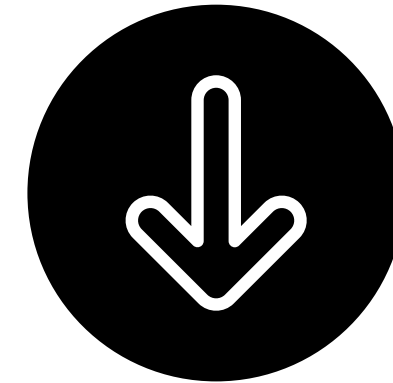
Trying new and different approaches, even before knowing if they'll be effective.



EXPERIMENTING



- **Curious about new experiences**
- **Stretch outside comfort zone**
- **Take a chance, even if you might fail**



- **Enjoy “tried and true” approaches**
- **Don’t act unless fully prepared**



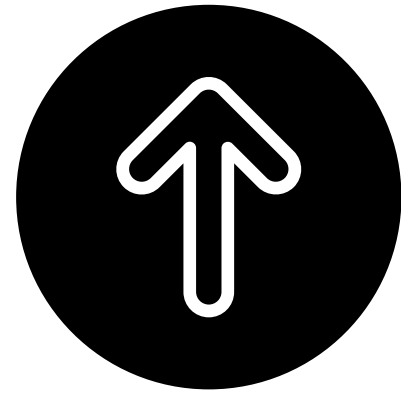
CREATIVITY

Tied to experimenting.

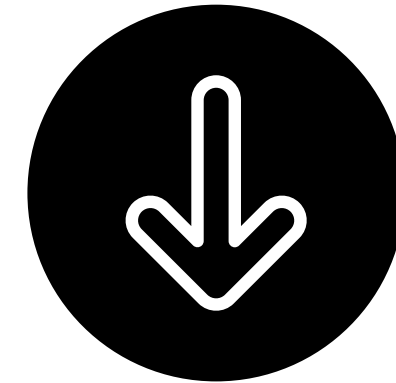
Enables us to generate a range of possibilities worth considering.



CREATIVITY



- **Generate lots of new ideas**
- **Embrace even the crazy ones**
- **Value differences of opinions**



- **Prefer opinions similar to own**
- **Look for one “right” or “best” answer**



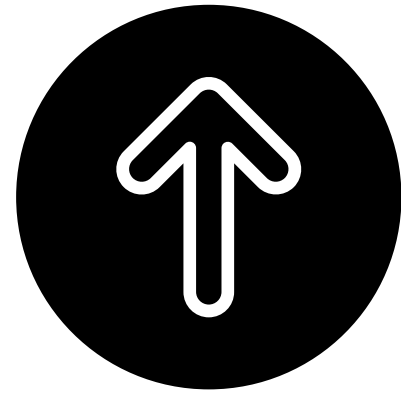
POSITIVITY

Seeing opportunities, even when they're hard to find.

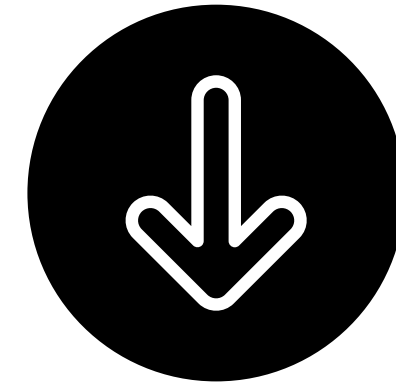
(Not simply “glass half full” thinking.)



POSITIVITY



- **Keep going in far of setbacks**
- **Inspire and energize others.**



- **Avoid challenges.**
- **Drain energy by worrying and “catastrophizing”**

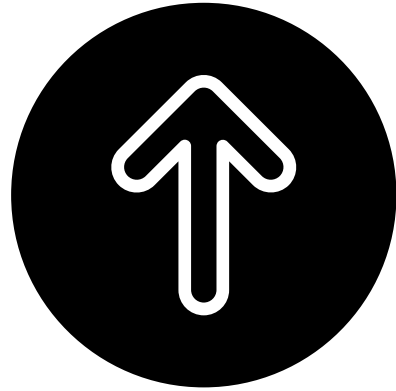


CONFIDENCE

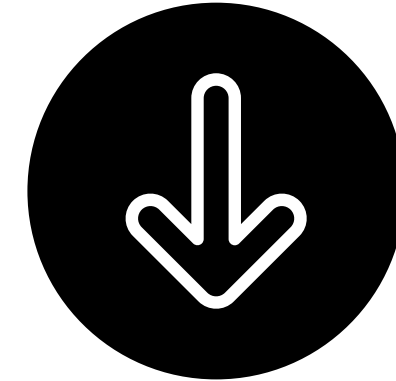
Ability to believe we can use our other resilience muscles and all our capabilities to successfully deal with challenges.



CONFIDENCE



- **Know our strengths and weaknesses**
- **See setbacks as learning**



- **See situations as beyond our control**
- **Avoid negative judgement by others**





Exercise 1

(Virtual participants, please download worksheet now.)

1 Which muscle do you over-use?

2 Which muscle do you under-use?

3 What does this look like in your life?

4 Share with the person on your left (5 minutes).

Awareness precedes resilience.

Balance is more important than strength.

Exercise 2

(Please download the next worksheet in the chat.)

- 1 What challenge consumes me right now?
- 2 What's hardest about it?
- 3 What muscles am I over-using to manage it?
- 4 What muscles can I dial up to help?
- 5 Who can assist me?
- 6 Share with the person on your left.



CONNECTION

Call or email; short and real

PRIORITIES

What's important today?

STRUCTURE

Notice first; visit my website

EXPERIMENTING

One small thing; keep/adjust/drop

CREATIVITY

"And" vs. "But"; steal freely

POSITIVITY

What went well today?

CONFIDENCE

Two things I already know...



Rx Pharmacy
#12345678
Take one tab
every 4 hours
Qty. 30
No Refills

THIS MED...
FILM-COA...
OBLONG-SH...
WITH IP 46...

**Building our resilience muscles daily helps us
prepare to better face the challenges of
caregiving.**

To embrace another normal.

**Resilience is not
persistence,
toughness,
or heroic endurance.**

It's the capacity to meet

what comes next...

prepared, supported, resourced.



RESILIENCE IS YOU!

Q & A



EMBRACING
ANOTHER NORMAL

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