

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the page, framing the central white area where the text is placed.

A Handbook for Humanity

Taking Care of the Caregiver

Timothy M Campbell, MD

Chief Medical Officer

Gallagher Home Health Services and Hospice

Objectives!



- ▶ Revisit your “touchstones” for going into healthcare
- ▶ Review risk factors for decompensation
- ▶ Recognize and identify triggers and behaviors that put us at risk
- ▶ Identify coping skills
- ▶ Encourage applying these principles to your work *and* personal life



Why On Earth
Did You Go Into
Healthcare?
Were You Crazy?

Not the easiest job
Not the cleanest job
Not the best hours
Not necessarily
appreciated nor valued


Why On Earth Did You Go Into Healthcare?



- ▶ High burn-out rate
- ▶ The documentation is dreadful
- ▶ You have to deal with, God forbid, family members!



What
Were You
Thinking?



Caregivers are often the casualties,
the hidden victims.

No one sees the sacrifices
they make.

Judith L. London

Why Did You Go Into Healthcare?

I wanted
to help
people

I wanted
to make a
difference

It grounds
me in the
things that
matter

Its
spiritually
fulfilling

I Have Mad



Ninja Skills

Ninja Skills!

I *still* love my job after 35 years!

I *still* feel like I “get” to go to work

I’m *still* passionate about it

No one knows it all. I’ve found a few ninja skills that have helped me cope



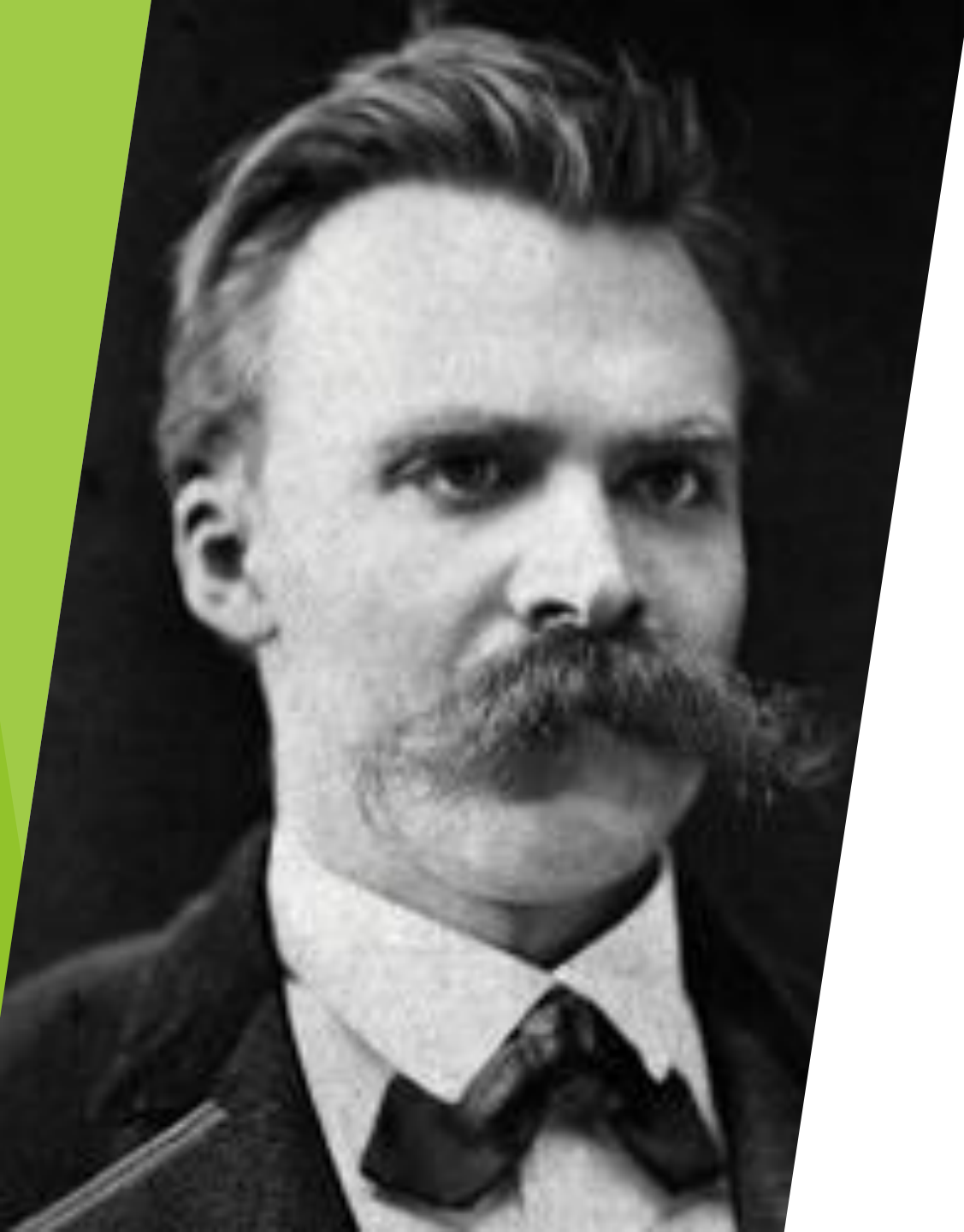
Ninja Skill # 1
Remember
Your
Touchstone



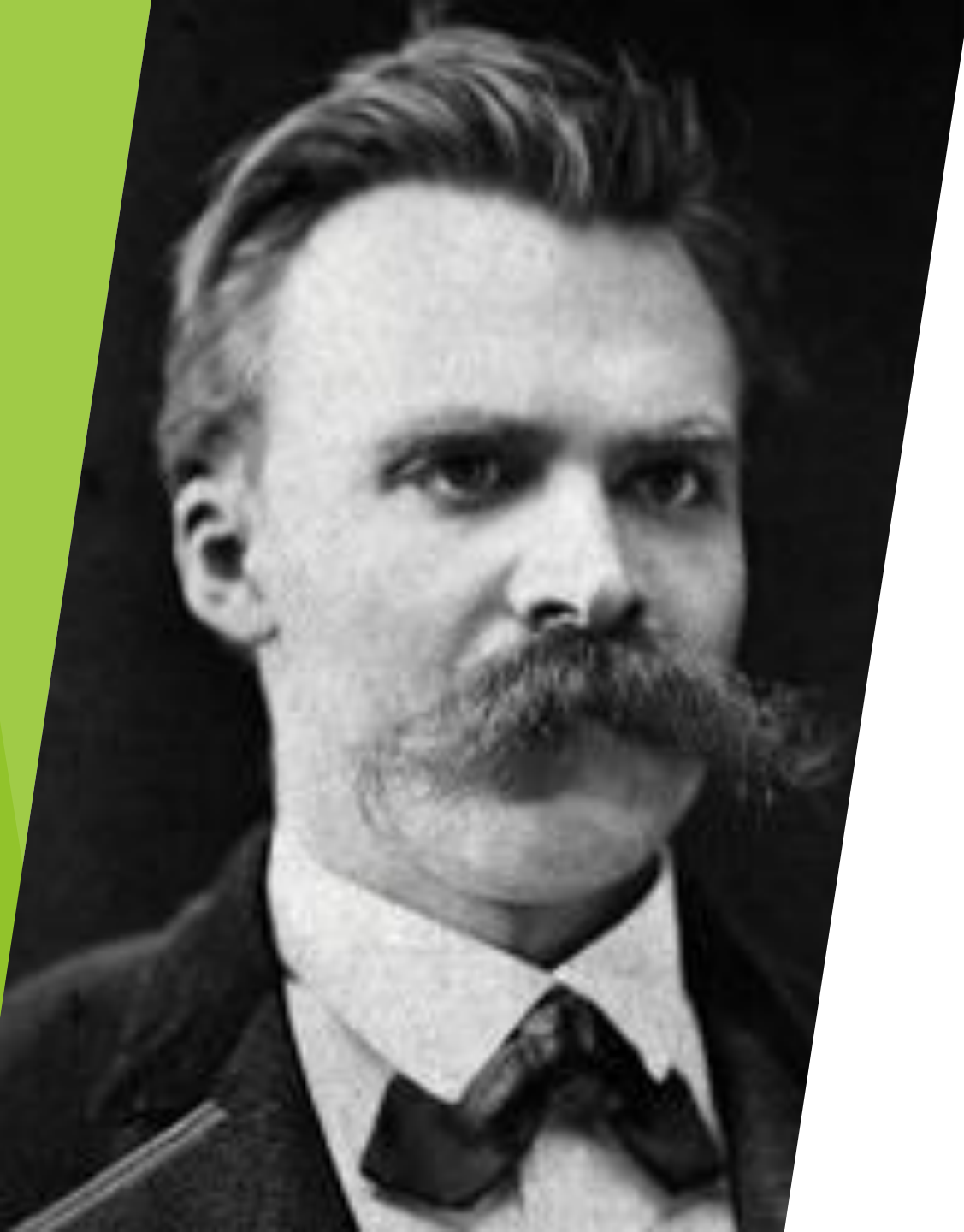
What?

Touchstone?

What on Earth
are you talking
about, Campbell?



“If you know
the why, you
can endure
any how”



“If you know
the why, you
can endure
any how”

Friedrich
Nietzsche

What is this touch stone stuff?

Definition of TOUCHSTONE

- ▶ 1: a fundamental or quintessential part or feature
- ▶ 2: a test or criterion for determining the quality or genuineness of a thing

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Merriam-
Webster

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Merriam-Webster



In Other Words...

- ▶ The reason you do what you do
- ▶ A fundamental part of you.
- ▶ An indicator of the purity of your actions and thoughts
- ▶ Basically: it's your mission statement!



Caregiving

- ▶ Many people like the idea of being a “caregiver”
- ▶ Some latch onto it for a while but won’t (or can’t) stick with it
- ▶ Some may not love the idea of doing the work involve---the actual giving care

The Bonfire

- ▶ Some are the “flash in the pan”
- ▶ The big blaze
- ▶ A lot of heat and passion all at once
- ▶ BUT: Not too many people can sustain that kind of “burn rate”



The Slow Burn

- ▶ The sustainable; cultivating the “slow burn”
- ▶ There is talent making and sustaining the even heat/glowing embers
- ▶ The art of making a fire that can “endure the night”





Remember Your Touchstone

I put this first for a reason!

Words DO matter

This is why any great company has a mission statement

So...the Big Question...

Do you have a mission statement?

For your work *and* personal life?

Taken the time to do the exercise?

Why do you do what you do?

What is your touchstone?

How do you nurture your embers?



Grid of text documents pinned to the cubicle wall.

Mission
Core Values
OFFICIAL DOCUMENT

YOU ARE MY Most FAVORITE WHOLE WIDE



erbee
resources, inc.

erbee
resources, inc.
ES POCKET PAL

can receive from
POCKET PAL
with the help of
the staff and
the patient's
family members.

Following
the completion
of the program,
the patient and
family members
will be able to
use the device
independently.

World's
Pain Day



and family members

To encourage openness and honesty when communicating with the patient and family members

By respecting the patient's wish to question or remain silent

By respecting the patient's confidentiality at all times

To create an atmosphere where healing can occur

Through making the patient's needs as a person

Through accepting the terminal dimensions of the illness

Through a holistic approach of care

To show particular concern for staff at all levels

Through consultation and participation in decision making

Through staff support

To be committed to education, research and an ethical approach to care

Through the work of the Study Centre and Ethics Committee

Ensuring that research projects are carried out when deemed appropriate

- Care of the Poor and Vulnerable/Advocacy
- Listen attentively to identify unmet needs
 - Respond in a practical way to those in need
 - Collaborate with others to share resources
 - Create access to needed services
 - Provide basic resources for daily living to those in need
- Compassion:
- Act with understanding and sensitivity
 - Work cooperatively with others
 - Act tactfully to those we serve and to each other
 - Respect and nurture the environment
- Justice:
- Act with integrity
 - Respect the rights of others
 - Take responsibility for our actions
 - Preserve resources
 - Provide quality without extravagance
 - Demonstrate fairness in decision making
 - Allow someone else to exercise the gifts and talents of each person

ACTIVITY	DATE	TIME

DATE	TIME	LOCATION	STATUS



Mission

To treat each individual as unique

- Valuing them without distinction or judgement
- Respecting their culture
- Respecting their beliefs – be they religious or otherwise

To enable all to reach their full potential until death

- Valuing what they have to offer
- Respecting the autonomy of the individual
- Encouraging them to participate in their own care, together with their family and friends

To confront the patient's suffering whether physical, mental, social or spiritual

- Through close co-operation between all of the disciplines involved in the care of the patient and family members

To encourage openness and honesty when communicating with the patient and family members

- By respecting the patient's wish to question or remain silent
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Core Values

Respect for Human Dignity:

- Respect the sacredness of life
- Care for the whole person
- Demonstrate unity of purpose, while recognizing individual differences
- Value each person's contribution
- Act in a culturally appropriate manner

Service/Quality:

- Create an environment of welcome and hospitality
- Promote quality care and excellence
- Encourage and demonstrate team spirit
- Recognize the value of individual initiatives and ideas
- Show openness to constructive criticism and feedback

Care of the Poor and Vulnerable/Advocacy:

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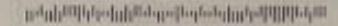
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- Affirm, celebrate and develop the gifts and talents of each person

9691629
2-1
CAMPBELL, TIMOTHY M MD
1370 WASHINGTON PIKE
SUITE 401
BRIDGEVILLE, PA 15017-0000



DEA REGISTRATION NUMBER	DEA REGISTRATION EXPIRES	DEA FEE
BC1100243	06-31-2020	\$731
SCHEDULES	BUSINESS ACTIVITY	DEA DATE
2,2N, 3,3N,4,5	PRACTITIONER	07-05-2017

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CONTROLLED SUBSTANCE REGISTRATION
UNITED STATES DEPARTMENT OF JUSTICE
DRUG ENFORCEMENT ADMINISTRATION
WASHINGTON, D.C.

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THIS CERTIFICATE IS NOT TRANSFERABLE ON CHANGE OF OWNER AND IT IS NOT VALID AFTER THE EXPIRATION DATE.

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- Affirm, celebrate and develop the gifts and talents of each person

Isn't That Just Special?

- ▶ Tim has a little mission statement!
- ▶ Lets put that on the refrigerator so everyone can see!

oh, well isn't that special





KEEP
CALM
AND STAY
ON
TRACK

- ▶ It's amazing the clarity it will give you
- ▶ Keeps you focused and on track
- ▶ Important to put pen to paper



Do it!

Write it down! Journal!
Be honest, pure, true
and fair!

Caregivers who
remember their
touchstone keep their
fire even, consistent,
and burning. It reduces
cargiver burnout.



Ninja Skill # 2
Laugh
Like a lot



National Let's Laugh Day

March 19

www.NationalDayCalendar.com

What? Are you serious?

C'mon, Tim, What kind of feel-good, froo-froo recommendation is that?

Laughter

Gelotology is an emerging medical field of study

Derived from the Greek word *gelos* or “laughter”

It is the study of laughter and its beneficial effects on the body

Proponents often advocate laughter on therapeutic grounds

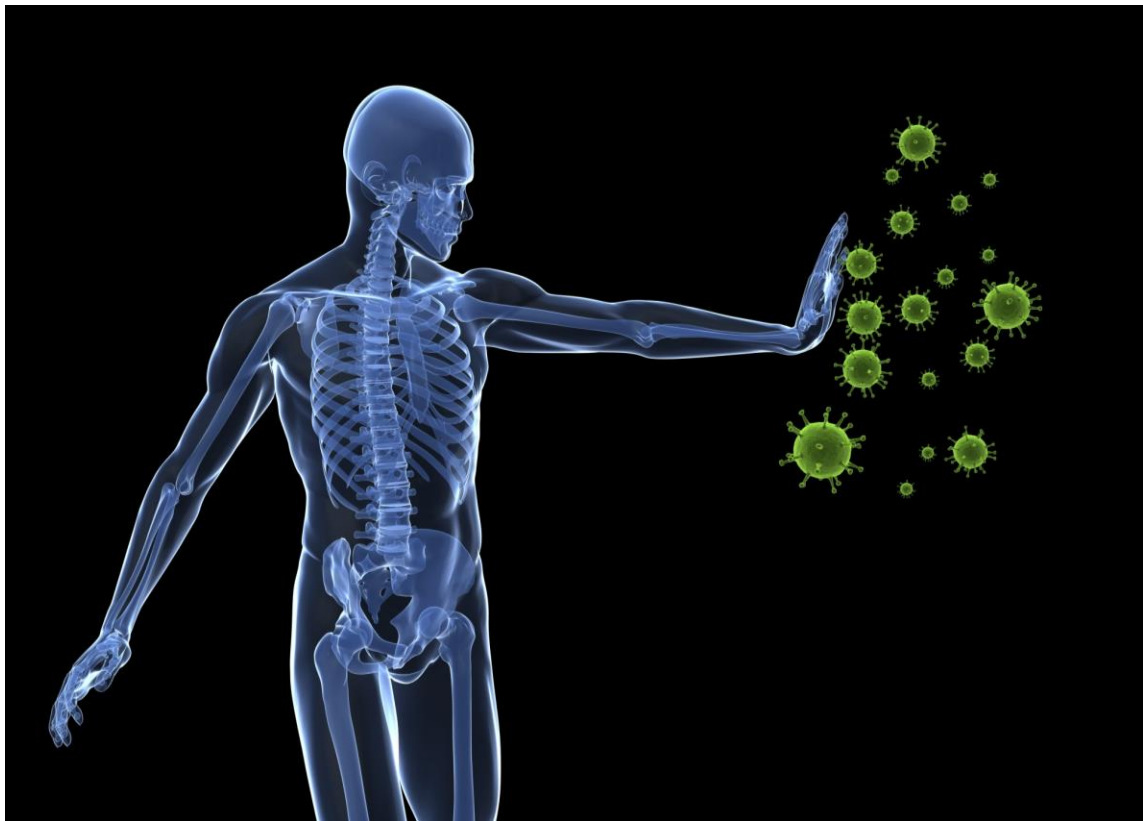
Pioneered by William F. Fry of Stanford University

Laughter Promotes Relaxation



- ▶ Improves circulation
- ▶ Helps muscle relaxation
- ▶ Relieves stress and promotes a sense of well-being
- ▶ Effects can last up to 45-minutes after a bout of good, hardy laughter

Laughter Boosts the Immune System



- ▶ Decreases stress hormones: epi, norepi, and cortisol
- ▶ **JW Shields MD:** *“deep diaphragmatic breathing cleanses the lymph system by creating a vacuum effect which pulls the lymph through the bloodstream. This increases the rate of toxic elimination by as much as 15 times.”*

Laughter Improves Your Mood



- ▶ Releases feel good hormones: endorphins, dopamine, interferon-gamma, and serotonin
- ▶ Its infectious---well documented to have a contagion effect
- ▶ Empowers a person to make more positive choices when confronted with challenges

Laughter Prevents Heart Disease

- ▶ University of Maryland Medical Center: *“people with cardiac disease laughed 40% less than those without cardiac disease”*
- ▶ **Michael Miller, MD:** *“We don’t know yet why laughing protects the heart...we know that mental stress is associated with impairment of the endothelium ...this can cause a series of inflammatory reactions that lead to fat and cholesterol build-up and ultimately a heart attack.”*



Laughter Shifts Perspective

- ▶ Allows the absurd and imagine alternate possibilities
- ▶ Helps visualize situations in a more realistic and less threatening light
- ▶ Creates psychological distance
- ▶ Allows a person to relax and see things from a different perspective

PERSPECTIVE SHIFT

Brick ● ————— ● Wall ● ————— ● Cathedral

Laughter Has Social Benefits



- ▶ Fosters emotional connections and strengthens relationships
- ▶ Improves cooperation, communication, and yes, romance
- ▶ **Gray, Parkinson, and Dunbar, 2015, found:** *“laughter subconsciously increased people’s willingness to disclose information to others”*



Laughter: Adults vs Children

As children: we laugh hundreds of times a day

As adults: we think life is too more serious...we laugh much less frequently

Laughter as the Best Medicine



Laughter is always
the best medicine...
except for treating diarrhea.

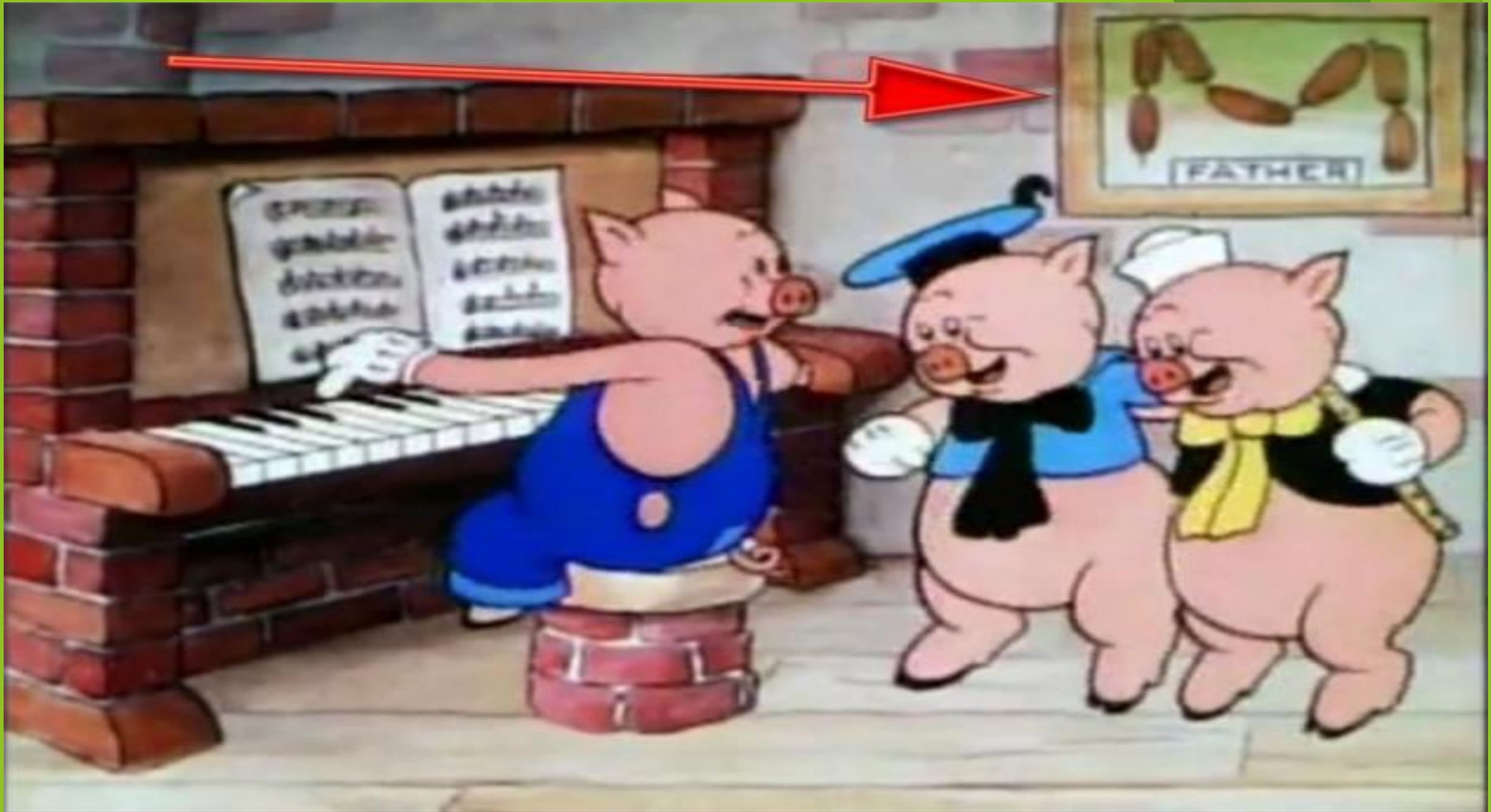
- ▶ It may even help you to live longer!
- ▶ Norway study : *“people with a strong sense of humor outlived those who don't laugh as much”*
- ▶ The difference was particularly notable for those battling cancer

DARK HUMOR

Not everybody gets it.

Dark Humor

- ▶ M*A*S*H
- ▶ Helps us cope in tough situations
- ▶ Laugh at your crazy patients, colleagues, and family! At yourself!
- ▶ Hospice IDG meeting: a “protected space” for catharsis/venting





Do it!

Laugh Often! Belly Laugh!
Have a few good jokes
available for quick access!

Laughter is infectious and
lightens the load of
caregiving. It fosters close
relationship and comfort
to you and those in your
charge.



Ninja Skill # 3

Seek Out Children and Older Folks

Children and the Elderly



- ▶ **Johnny Carson:** favorite people to interview were **children and the elderly**
- ▶ **They have no filters;** what you see is what you get
- ▶ **The plain-speak is refreshing**

You May Live Longer ...and Be Happier



- ▶ **Studies confirm:**
“those working and spending time with youth and the elderly have higher job satisfaction, QOL scores, and even longevity”



Suicide Rate Among Professionals

▶ Most Likely:

▶ Least likely:



Suicide Rate Among Professionals

- ▶ Most Likely: dentists and doctors
- ▶ Least likely:



Suicide Rate Among Professionals

- ▶ Most Likely: dentists and doctors
- ▶ Least likely: elementary school teachers and librarians



Suicide Rate Among Professionals

- ▶ Most Likely: dentists and doctors

Highest in psych, ENT, ophthalmologists, OMFS, neurologist, and neurosurgeons

- ▶ Least likely: elementary school teachers and librarians

Lowest in kindergarten, followed by 1st grade, followed by 2nd grade, followed by 3rd grade...



Talk to old people
They know
cool stuff

Talk to young people
They know
cool stuff

Draw the Conclusions That You Want...

- ▶ **Restorative being around kids:** their vibrancy, their energy, their wide-eyed wonder, their trust
- ▶ **Same with the elderly:** their wisdom, their wit, their knowledge, their candor, their experience, their unapologetic perspective



Medical Malapropisms

- ▶ Old Timer's Disease
- ▶ Al's Hammer Disease
- ▶ Cardiac Fraction
- ▶ Urine-ologist
- ▶ Groin-acologist
- ▶ A Cute Vagina
- ▶ Sick as Hell Anemia
- ▶ Ultra-violated
- ▶ Fireballs in the Eucharist





Enjoy it!

- ▶ Laugh with your patients; have fun with them--- especially the very old and very young!
- ▶ Embrace their humor, their perspectives, their alternative views!



Do it!

Spend time with children and the elderly

Learn from them

Kids won't be kids forever; we may have only a finite amount of time with the elderly

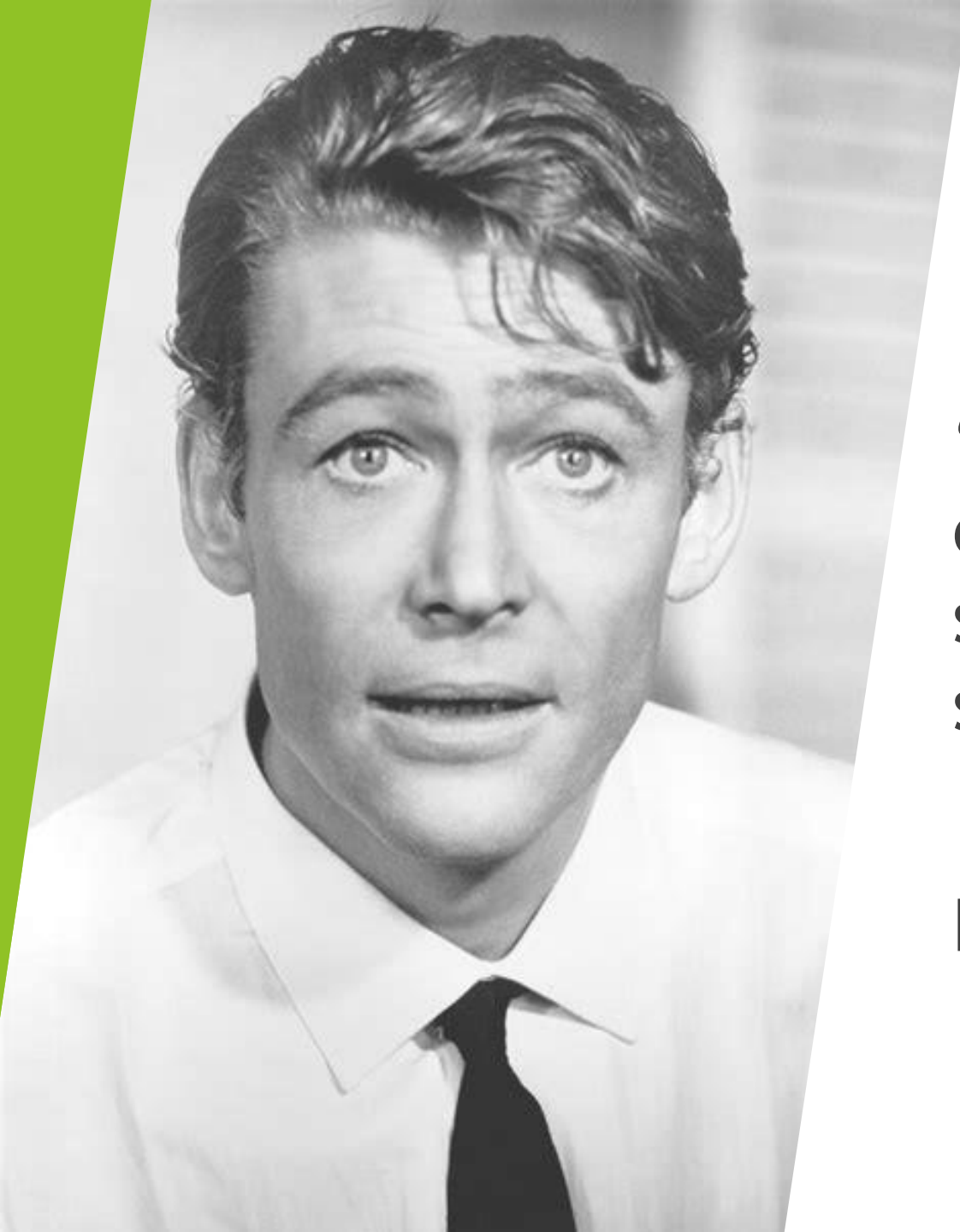
Caregivers who care for those at the extremes of life get a special treat. Seek after and treasure the experience; it will sustain you and them



Ninja Skill # 4
Get a Hobby
Vacation
Regularly



“I will not be a
common man. I will
stir the smooth
sands of monotony”



“I will not be a
common man. I will
stir the smooth
sands of monotony”

Peter O'Toole

Hobbies Help Structure Time

- ▶ **Parkinson's Law:** *Work expands to the fill the time available for its completion*
- ▶ Based on the **Ideal Gas Law:** *a gas expands to fill the volume allotted*
- ▶ **Norm Campbell's Law:** *If you want to get something done ask a busy person.*
- ▶ Hobbies “create time” by encouraging efficiency



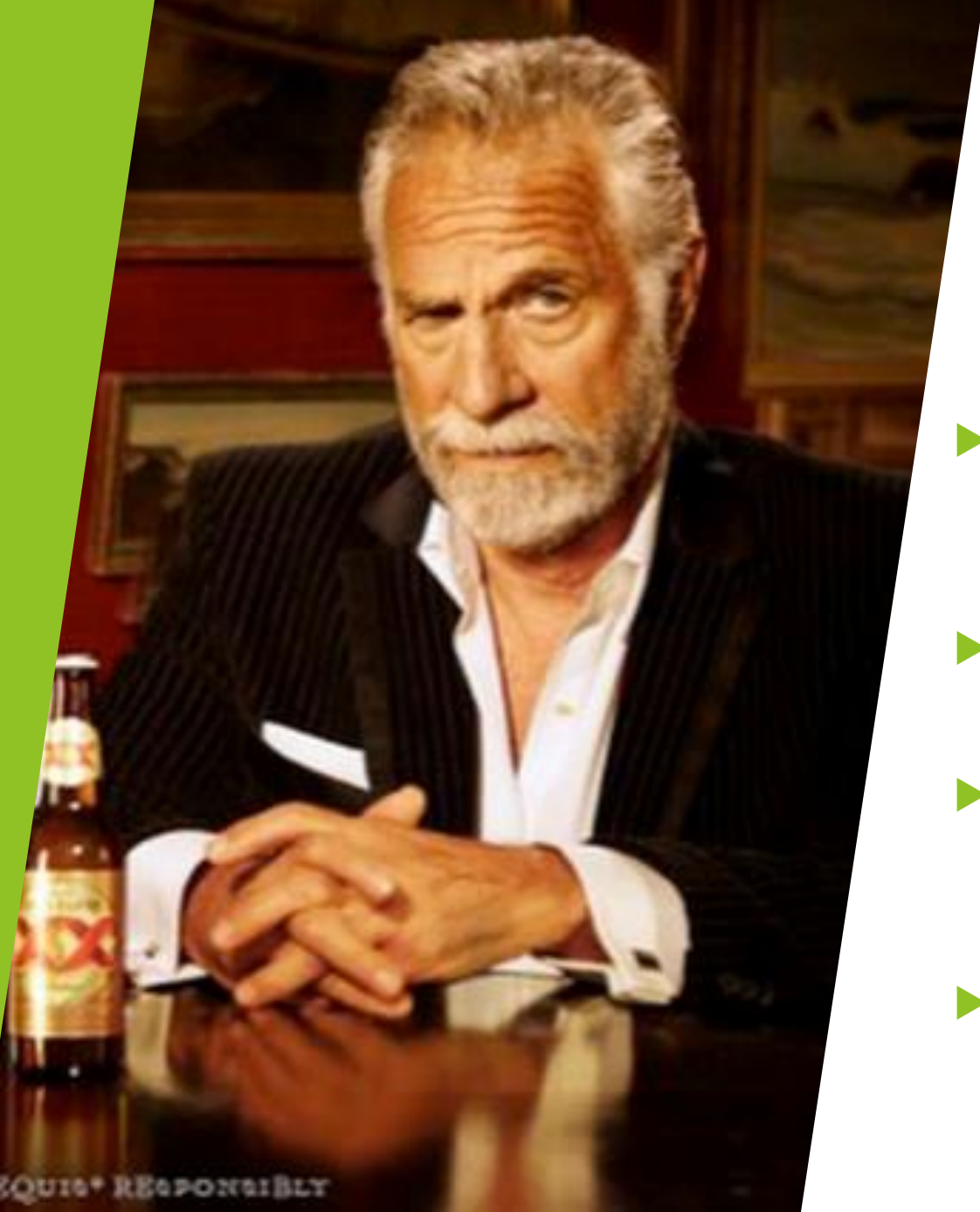
Hobbies Promote Flow

- ▶ **Mihaly Csikszentmihalyi, a research psychologist** called these: *flow activities* or *active leisure*
- ▶ Ever lost yourself in a sport, art project, or other challenging activity? Time flies, self-consciousness disappears; you become fully immersed in the activity
- ▶ Hobbies that stretch your skills, foster this desirable and elusive state

Hobbies Foster New Social Connections

- ▶ Hobbies get us out meeting people we otherwise wouldn't meet
- ▶ When sharing passions--- we form new bonds
- ▶ Countless studies show: social connectivity is a key component of happiness and a meaningful life





Hobbies Make You Interesting

- ▶ More than something to talk about at parties or the water cooler
- ▶ Adds layers to your identity and richness to your self-concept
- ▶ We are drawn to people with passion, with curiosity, and with stories to tell
- ▶ We feel more inspired when we are with them

Hobbies Help You Cope with Stress



- ▶ More than a distraction
- ▶ Reminds you that there are other facets to your self-concept
- ▶ You're an employee, yes, but also a hobbyist
- ▶ A blow to one aspect of your identity is less damaging
- ▶ Simply put, your eggs aren't all in one basket



Benefits

Benefits Spill Over into Other Aspects of Your Life

Even a few hours a week spent doing something that Inspires you---may ignite wonderful changes that carry over into your work *and* personal life

Hobbies: Repose

- ▶ Something you've always wanted to do?
- ▶ Something you used to do that you've stopped?
- ▶ Be open-minded; pick something on a whim and reach out!
- ▶ Just don't ever ever say: *“maybe someday, when the kids leave the house or when I retire.”*
- ▶ Carve out the time now!





**We don't stop playing because
we grow old; we grow old
because we stop playing.**

George Bernard Shaw

A Word on Vacations!

Framingham Heart Study followed 750 women with no previous heart disease over 20 years. *“Those who took the fewest vacations proved to be twice as likely to get a heart attack as those who took the most”*

A 2005 study of 15,000 women found: *“the risk of depression diminished dramatically when they took more vacation time”*

Ernst & Young in a 2006 study found: *“for each additional ten hours of vacation employees took, their performance reviews were 8 percent higher the following year”*



Do it!

Get a hobby! Go Play!

Schedule vacations and keep that time sacred/protected

No one ever went to the grave wishing they worked more

Caregivers with interests outside of work are happier, live more complete lives, are more interesting, and just more fun to be around



Ninja Skill # 5
Give Back.
Volunteer.

What On Earth
Are You Talking
About, Tim?

I'm So Stinkin'
Busy Already!



When We
Lose
Ourselves In
Service...We
Often Find
Out Who We
Really Are

**THE RICHEST
PERSONS ARE THOSE
WHO GIVE MOST IN
SERVICE TO OTHERS**

NAPOLEON HILL

PICTUREQUOTES.COM

**THE HIGHEST
DISTINCTION IS
SERVICE TO OTHERS**

MAX BROOKS

PICTUREQUOTES.COM

**ONLY A LIFE LIVED IN THE
SERVICE TO OTHERS IS
WORTH LIVING**

ALBERT EINSTEIN

PICTUREQUOTES.COM

Volunteering: Time Management

- ▶ Cassie Mogilner, Harvard Business Review:

“Giving your time to others can make you feel more ‘time affluent’ and less time-constrained than wasting your time or spending it on yourself”

- ▶ Similar research reveals that people who donate to charity feel wealthier



More Time
Just Ahead

Volunteering: New Ninja Skills



- ▶ **Stanford Social Innovation Review:** volunteering overseas is “*the next executive training ground.*”
- ▶ Develops talents that help a person in their career
- ▶ Primary reason many large companies invest in volunteer programs



Volunteering: A Healthier You

The Corporation for National & Community Service:

“Volunteering leads to better health”

“Those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life”

Volunteering: Feel The Love!

- ▶ **London School of Economics** examined the relationship between volunteering and happiness
- ▶ The more people volunteered---the happier they were
- ▶ Builds empathy, strengthens social bonds and makes you smile





Do it!

Go, Volunteer!

Don't over commit---start just a couple hours a week!

It will be infectious!

Caregivers who give freely of themselves ALWAYS receive more than they give



Ninja Skill # 6
Don't Take
Things So
Seriously.



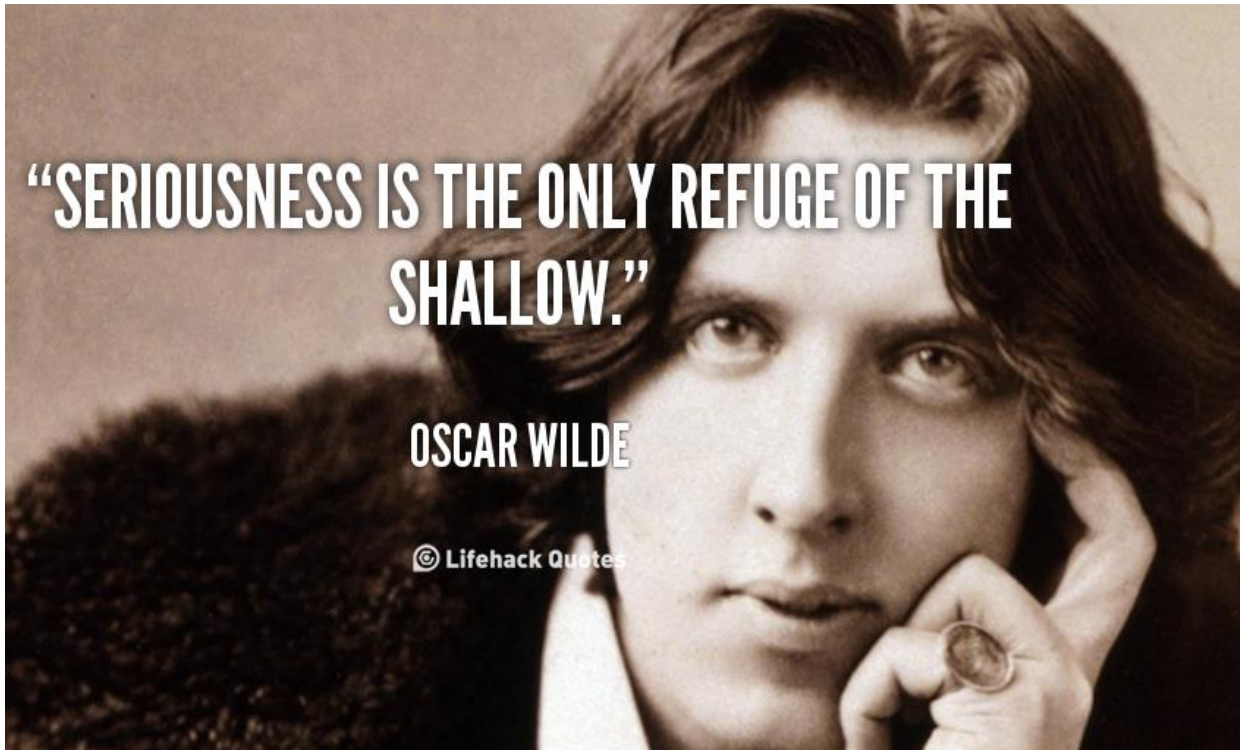
**If you come to a fork in
the road, take it.**

Yogi Berra

**Everything is funny, as long
as it's happening to
somebody else.**

Will Rogers

Common Sources of Seriousness



- ▶ Taking things too literally
- ▶ Over-interpreting people or comments
- ▶ Feeling responsible for everyone and everything
- ▶ Focusing on the negative and expecting things to go wrong

A close-up photograph of a hand with a silver ring on the ring finger, pointing towards a small airplane flying in a blue sky with scattered white clouds. The hand is in the foreground, and the airplane is in the mid-ground, creating a sense of scale and perspective.

Put Things In Perspective

- ▶ Is it worth getting upset over?
- ▶ Is it worth upsetting others?
- ▶ Is it really important?
- ▶ Is it so bad to begin with?
- ▶ Is the situation really beyond repair?
- ▶ Is it your problem at all?

Rx: Play!

- ▶ **Stuart Brown, MD** compared play to oxygen:

“...it’s all around us, yet goes mostly unnoticed or unappreciated until it is missing.”

- ▶ **National Institute for Play:**

“when employees have the opportunity to play, they actually increase their productivity, engagement and morale.”



Interpret Others With Generosity

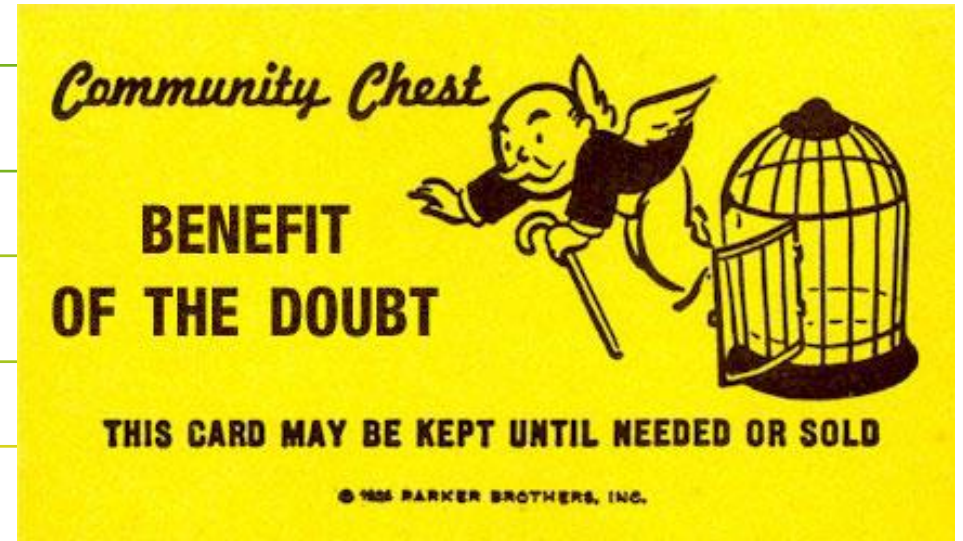
Give the benefit of the doubt

We are wired to be social creatures

Are their exceptions? Sure

Most folks want what you want

Lighten up...trust more!





**KEEP
CALM
AND
WORK HARD
PLAY HARD**

See Humor Around You

- ▶ Multiple studies show:
“the two most desirable qualities in a leader are a good work ethic and good sense of humor”
- ▶ You can be dedicated and hardworking without being so serious
- ▶ Work hard/play hard

Be Flexible

- ▶ Life is about the journey---not the destination; it's all the “stuff” that happens between the big events that fills most of our time
- ▶ The unplanned events often delivers the best surprises that we would *never* have thought to seek out
- ▶ James Taylor wrote:

“the secret of life is enjoying the passage of time”

serendipity

(n) finding something good without looking for it

Life
LESS
Serious

Coping with Seriousness

Diet & exercise

Use to-do lists

Reduce negative self-talk

Learning mindfulness

Move & listen to music

Surround yourself with fun & supportive people



Do it!

Keep things in perspective

Be flexible

Remember that most people are trying their best

Don't focus on the negative

Caregivers who have fun and are playful are better at caregiving; it spills over to all aspects of their work and personal lives



Ninja Skill # 7 Be Grateful



**Gratitude makes sense of our
past, brings peace for today, and
creates a vision for tomorrow.**

Melody Beattie



SAY
PLEASE
AND
THANK
YOU

Gratitude Opens More Doors

- ▶ The journal *Emotion*, 2014:
“thanking a new acquaintance makes them more likely to seek an ongoing relationship”
- ▶ Frequently leads to new opportunities and

Gratitude Improves Health

- ▶ The journal *Personality and Individual Differences*, 2012:
“grateful people experience fewer aches and pains and report feeling healthier than other people”
- ▶ Grateful people are more likely to exercise, get regular check-ups, and clearly have increased longevity

Health and Gratitude

Gratitude Improves Mental Health

- ▶ Reduces toxic emotions like envy, resentment, frustration and regret
- ▶ Gratitude researcher, Robert Emmons, confirms:

“Gratitude effectively increases happiness and reduces depression”

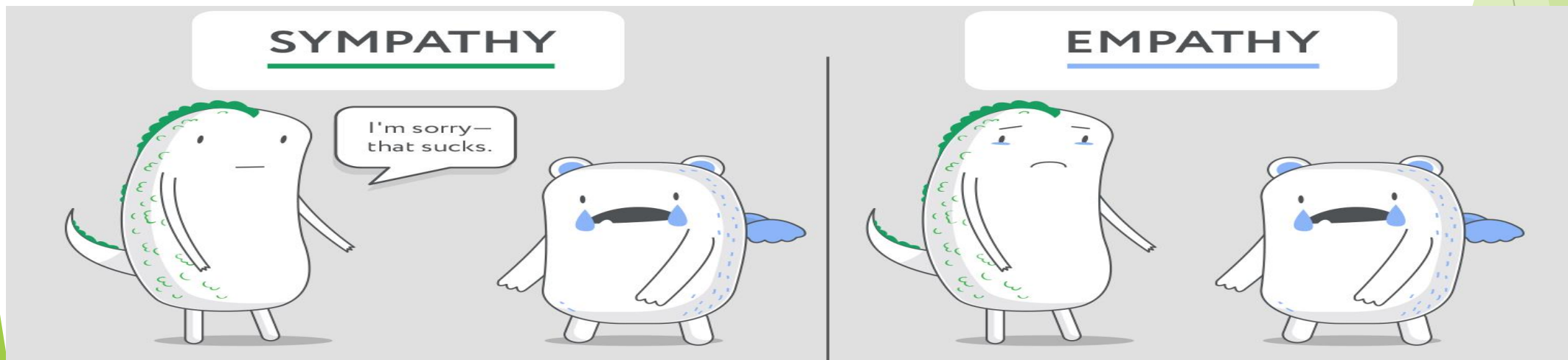


Gratitude Enhances Empathy and Reduces Aggression

► University of Kentucky, 2012:

“Grateful people are more likely to behave kindly and socially...and are less likely to retaliate”

“The grateful experience more sensitivity and empathy...and a diminished desire to seek revenge”



Grateful People Sleep Better

- ▶ The journal *Applied Psychology: Health and Well-Being*, 2011:

“Writing in a gratitude journal improves sleep”

- ▶ As few as 15 minutes of jotting down a few grateful sentiments may help you sleep deeper and longer



Gratitude Improves Self-Esteem

▶ *Journal of Applied Sport Psychology*, 2014:

“gratitude increases an athlete’s self-esteem...an essential component of optimal performance”

▶ Other studies show:

“gratitude reduces social comparisons”

▶ Covetousness & envy are major factors in reduced self-esteem

▶ Rather than becoming resentful, the grateful are able to appreciate other’s accomplishments

Gratitude Fosters Resilience



- ▶ *Behavior Research and Therapy, 2006:*

“Vietnam War veterans with higher levels of gratitude experienced lower rates of PTSD”

- ▶ *Journal of Personality and Social Psychology, 2003:*

“gratitude was a major contributor to resilience following the terrorist attacks on September 11”



The Magnitude
of your
Gratitude
affects the
Altitude of
your Attitude

---tim campbell



Do it!

Make a gratitude list: 5/day

Family

Friends

Kindnesses done to you

Health

Opportunities/Freedoms

Nature



Do it! (part deux)

Say “please and thank you”

Tell your family friends how much you value and love them

Quit being the victim and complaining on Facebook

Grateful caregivers are happier, healthier, easier to work with and more mentally resilient.



Ninja Skill # 8
Exercise.
I Mean
Seriously.

A dramatic sky with purple, pink, and red clouds, serving as the background for the text.

**Baseball is 90 percent mental
and the other half is physical.**

Yogi Berra

**THE ONLY
BAD WORKOUT
IS THE ONE
THAT YOU
DIDN'T DO.**

Health

Controls Weight

- ▶ Prevents weight gain and maintains weight loss
- ▶ More intense activity burns more calories, provides better CV benefits and exercise tolerance
- ▶ Daily trips to the gym are great but its not necessary
- ▶ Consistency over time is key

Pennsylvania
visitPA.com USA

DRIVER'S LICENSE

002



4d DLN: [REDACTED]
5 DOB: [REDACTED]
4b EXP: [REDACTED]

DUPS: 00

4b ISS: 09/01/2017

1 **CAMPBELL**
2 **TIMOTHY M**
3 [REDACTED]

15 SEX: M 18 EYES: BRO
16 HGT: 5'-08"
9 CLASS: C
8a END: NONE
12 RESTR: 1



A black ink signature of Timothy M. Campbell, written in a cursive style.

5 DD:1727701600604
100000013640

ORGAN DONOR

WARNING:
**EXERCISE HAS
BEEN KNOWN TO
CAUSE HEALTH
AND HAPPINESS**

Combats Many Illnesses

- ▶ Reduces BP and heart rate
- ▶ Increases HDL, the "good" cholesterol
- ▶ Decreases total cholesterol and TG
- ▶ Decreases risk of CV disease---CAD & CVA
- ▶ Reduces metabolic syndrome, type 2 DM, depression, wide variety of cancers, arthritis and falls

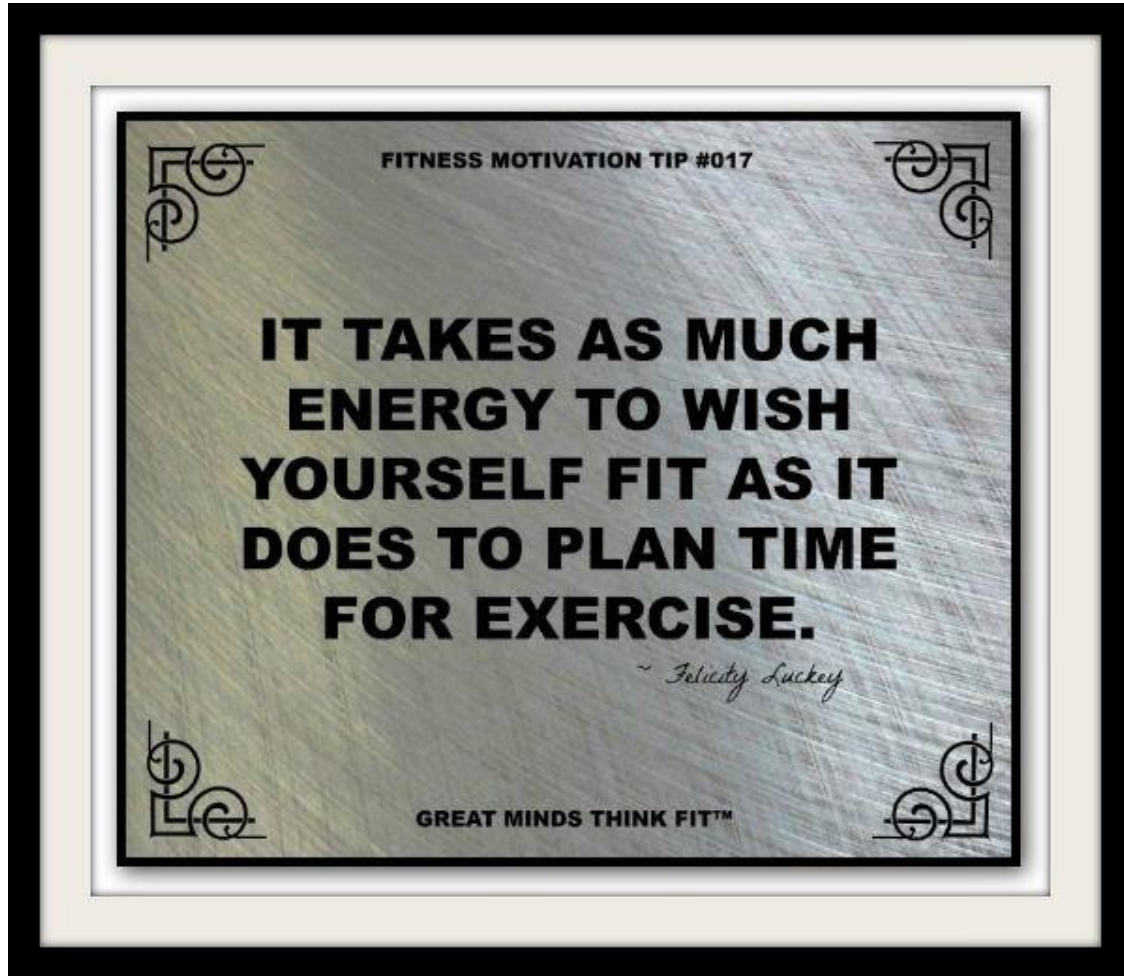


WARNING

Exercise may cause increased energy, a good mood, and extreme self-confidence!

Improves Mood

- ▶ Stimulates release of serotonin, norepi, and dopamine---makes a person happier and more relaxed
- ▶ Feel better about their appearance
- ▶ Boosts confidence and improves self-esteem



Increases Your Fitness

- ▶ Improves muscle strength and boosts endurance
- ▶ Increases oxygen and nutrient delivery to tissues
- ▶ Improves cardiovascular efficiency

Promotes Better Sleep



- ▶ Helps a person fall asleep faster
- ▶ Deepens the sleep by improving sleep efficiency
- ▶ Note: don't exercise before bedtime—it may energize a person too much

Exercise and Sex



- ▶ May enhance sexual arousal for women
- ▶ Men are less likely to have erectile dysfunction than are men who don't

fitness
is not

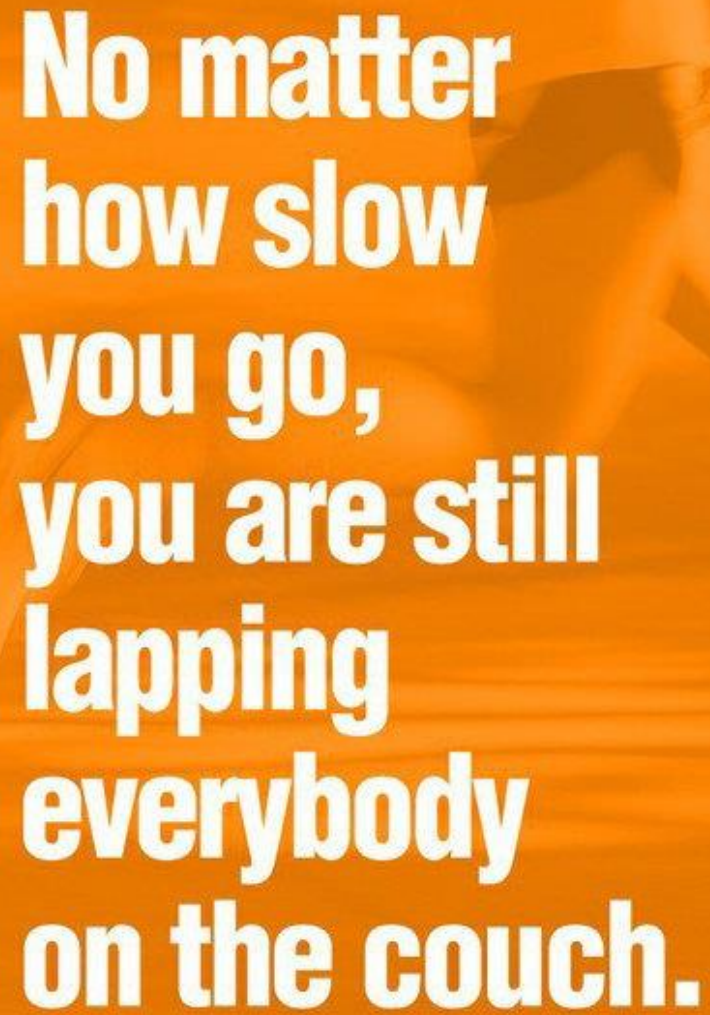
30% gym and 70% diet



it's 100%
dedication
to the gym and your diet!

Its Fun and Social!

- ▶ Opportunity to unwind
- ▶ Enjoy the outdoors
- ▶ Simply engage in activities that make you happy
- ▶ Connect with family or friends in a fun, social setting



**No matter
how slow
you go,
you are still
lapping
everybody
on the couch.**

The Bottom Line

- ▶ 30 min at 75% of the M_{PHR} three times a week is as good as exercising everyday
- ▶ Aim for 150 min/week of mod exercise or 75 min/week of vigorous exercise

**THE ONLY BAD
WORKOUT IS THE
ONE THAT DIDN'T
HAPPEN**

BELIEVE-TOACHIEVE.TUMBLR

The Bottom Line (cont.)

- ▶ 3-5x a week do aerobic “cardio” exercises like elliptical, stair climber, or running
- ▶ 2-3x a week do strength training by lifting free weights or weight machines
- ▶ If you want to lose weight or increase fitness goals---you may need to increase your efforts



Disclaimer

More than a Disclaimer!

- ▶ Check with your doctor before starting
- ▶ I mean...like really. Scout's honor ...especially if you haven't exercised in a long time
- ▶ Very important with: HTN, CV, neuro, musculoskeletal disease and diabetes



Do it!

Shoot for 150 min 3-5x a week

Do 20-30 min cardio

Do 20-30 min weight training

Change things up!

Caregivers who are healthy & fit and exercise may give care more effectively and completely. The benefits spill over to all parts of their lives



Ninja Skill # 9 Connect with Family

Connect with the Family



- ▶ No one ever went to the grave wishing they worked more
- ▶ Biggest regret that people have at EOL?
“I wish I spent more time with family”

No other
success
can compensate
for failure in the
home

David O. McKay

Unplug and Reconnect

- ▶ This is a tried and true lesson of many families
- ▶ Lose the technology! All of it! Yep---including TV
- ▶ Make everyone unplug everything for a day---or a week
- ▶ Bonus points if you play a board game





Accept Each Other

- ▶ Imagine how much closer every family would be if everyone was accepted for who they actually are
- ▶ Be more accepting and loving of those around you

IT'S BETTER TO
BITE YOUR
TONGUE THAN
TO EAT YOUR
WORDS."

FRANK SONNENBERG

Learn Restraint!

- ▶ Don't criticized for who they're not and never will; that alienates and kills relationships
- ▶ Be gradated, controlled and tempered in your responses
- ▶ Avoid "you should" instead use "I feel"---or don't say anything
- ▶ Avoid the icy, passive-aggressive silences



Be Grateful for The Time You Get

- ▶ This generation has more time constraints than any other
- ▶ Its not about the quantity of time---it never was!
- ▶ Express a desire for more time with your family; it communicates love for them



Be Grateful for The Time You Get

- ▶ Remember: this may be unrecoverable time
- ▶ Give them thanks for whatever time they carved out and the sacrifices they had to make.
- ▶ Don't use the “guilt trip” card; who wants to be around someone who triggers those feelings?
- ▶ Positive attitudes foster positive relationships

Make Your Home a Refuge



- ▶ Should be a safe/comfortable place; appealing as a “hang out” hub for friends
- ▶ Don’t hover but be warm, genuine and welcoming
- ▶ Talk to their friends and get to know them



Traditions

Create Some Traditions

A superglue! Fosters family identity—strengthen bonds

Start one!

Ensures your family spends time together---shared experiences creates lasting memories

Everyone should have a say

Practice!

- ▶ Children (and adults) learn by example
- ▶ How you and your partner (or other adult family members) act toward each other is the template of how relationships are taught to children
- ▶ Aim to be kind and avoid unnecessary arguments
- ▶ Compassion toward other family members encourages and teaches everyone to do the same



**Practice
Makes
Perfect**



Do it!

Spend quality not quantity time

Encourage, support, and uplift

Make your home a safe place

Create a tradition

A caregiver cares best when their home is happy and in order; they simply don't take problems of home into work



Ninja Skill #10 Sleep

A night sky with the Milky Way galaxy visible, set against a dark blue background. The foreground shows the silhouettes of evergreen trees. The text is overlaid on the sky.

**I love sleep. My life has the
tendency to fall apart when I'm
awake, you know?**

Ernest Hemingway

Top 11 Amazing Health Benefits of Sleep

1. Improves your memory
2. Extends your lifespan
3. Boosts your creativity
4. Strengthens your immune system
5. Reduces your risk for depression
6. Improves your physical performance
7. Sharpens your attention
8. Reduces your stress
9. Helps your body heal itself
10. Helps you lose weight
11. Makes you more alert



Minimum
6 Hours

Maximum
8 Hours

Per Day For Adults





Stick to a Sleep Schedule

- ▶ Amount of sleep for a healthy adult is variable
- ▶ Typically 6-8 hours for most adults
- ▶ Go to bed and arising at the same time every day
- ▶ Limit the difference in the sleep schedule by no more that one hour weeknights



Watch What you Eat and Drink

- ▶ Don't go to bed hungry or stuffed
- ▶ Nicotine and caffeine are stimulants; they may wreak havoc on sleep quality
- ▶ Alcohol might make you feel sleepy but may disrupt sleep quality

Create a Restful Environment

- ▶ Keep the bedroom cool, dark and quiet
- ▶ White noise helps; consider a fan, humidifier or air filter
- ▶ Light impairs sleep; avoid bright lights prior to bedtime; consider blackout shades, dimmer switch, or blue filter
- ▶ Calming activities before bedtime may help



Limit Daytime Naps



- ▶ Long naps rob nighttime sleep
- ▶ If you must nap, limit yourself to 30 min and avoid late day naps
- ▶ Night workers may need to nap before work to make up sleep debt

Include Physical Activity in your Daily Routine

- ▶ Regular physical activity promotes better sleep
- ▶ But avoid being active too close to bedtime
- ▶ Spending time outside in daylight every day helps sleep





Manage Worries

- ▶ Resolve worries before bedtime
- ▶ Jot down what's on your mind; set it aside for tomorrow
- ▶ Stress management may help
- ▶ Start with the basics: get organized, set priorities and delegate tasks
- ▶ Meditation may help

zzz



Few Other Suggestions...

- ▶ Magnesium, 400-500 mg po qhs helps sleep
- ▶ If still struggling, consider melatonin 3-10 mg po qhs PRN
- ▶ Benzos actually compress REM sleep and cause rebound; they may make a person unconscious but may not improve sleep quality



Do it!

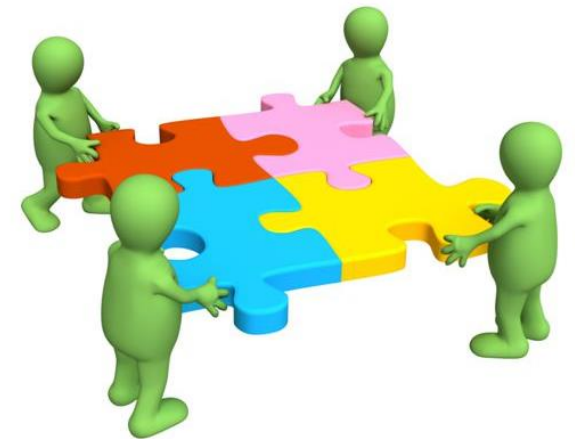
Prioritize sleep

Create a restful environment

The caregiver who gets a good night's sleep can take on the world and optimize their work and life routines

Putting it All Together

- ▶ Remember your touchstone.
- ▶ Laugh. Like a lot.
- ▶ Seek out children and older folks.
- ▶ Get a hobby. Vacation regularly.
- ▶ Give back. Volunteer.
- ▶ Don't take things so seriously.
- ▶ Be grateful.
- ▶ Exercise. Seriously.
- ▶ Connect with family.
- ▶ Sleep.



Credits and Great Thanks!

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<https://relevantmagazine.com/life/surprising-links-between-faith-and-health> Rob Moll

Timothy M Campbell, MD
Marla L Caplan, LSW, MBA, CHCE

Gallagher HHS and Hospice

