

Caring for the Caregiver

Dan Hegstad

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It has been a year unlike any other in our
lifetime!

- World War II
- The Great Depression
- The Pandemic of 1918

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Take Notes

- I will leave time for questions
- Maybe you want to challenge one of my points. OK!

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I get it

- Worked at Brainerd State Hospital
- Crisis Line volunteer

I'm not the guy who says, "Somebody otta!"

I say, "I'll do it!"

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I can't care
and
I can't not care

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“You Need to Learn How to RELAX!”

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My Message Comes From Experience

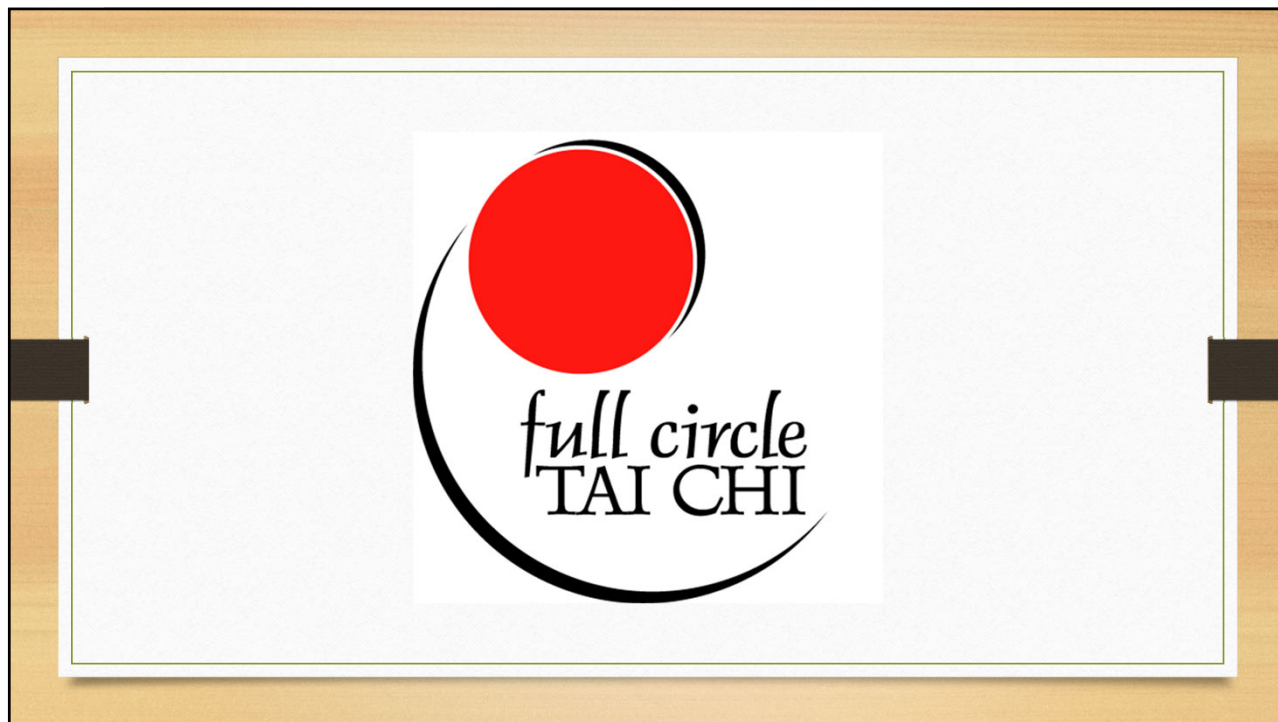
- A foundation of my life is to live as stress-free as possible
- I live this every day

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Andrew Boyd

“Compassion hurts. When you feel connected to everything, you also feel responsible for everything. And you cannot turn away. Your destiny is bound with the destinies of others. You must either learn to carry the Universe or be crushed by it. You must grow strong enough to love the world, yet empty enough to sit down at the same table with its worst horrors.”

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T'ai Chi

- “Moving Meditation”
- Slow Motion Karate
- Mind / Body Connection
- We teach the body to reach the mind
 - Relax
 - Balance
 - Move with purpose
 - Be connected
 - Be ‘rooted’ yet, flexible

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Speaker and Trainer



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Why is CHANGE so Difficult?

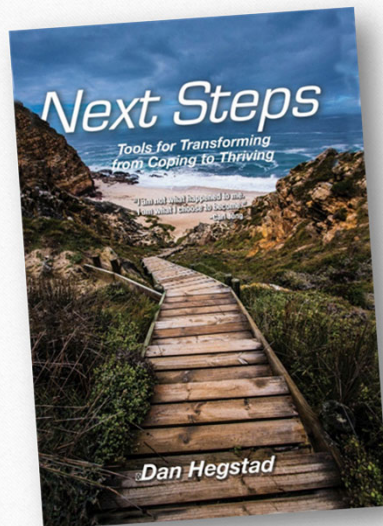


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Fear. We are afraid.



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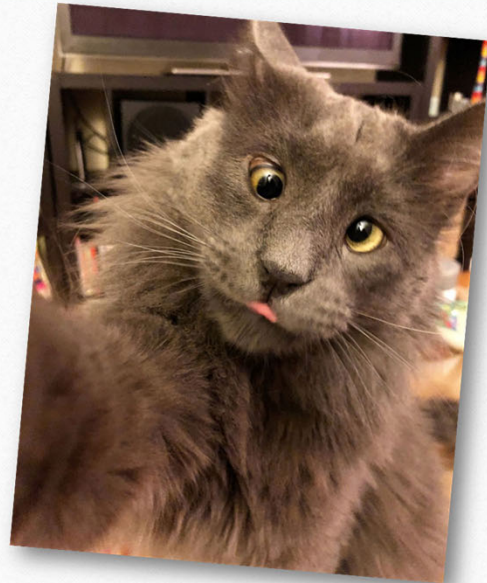
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Who Cares for the Caregivers?

- You always put others first
- NOBODY can drink from an empty well!
- Today it's all about you

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Oh, Great! Just
what I need. One
more person I have
to take care of: ME



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“Should the cabin lose pressure, oxygen masks will drop from the overhead area. Please place the mask over your own mouth and nose before assisting others.”

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Caregiving in the Time of COVID

- There are fewer alternatives, and we can feel the ‘weight of the world’ on our backs
- We fear it will get worse. “What if something happens to me?”
- Sandwich caregivers
- New situations with new or no guidance. School, for example.
- Formerly simple and routine tasks are now different, much more complicated or impossible
- Isolation anxiety

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Weathering



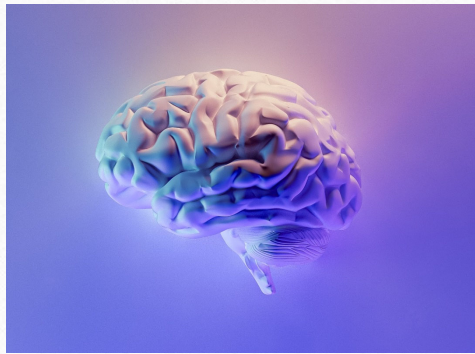
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Signs of Stress

- Anger. Frustration. Short tempered.
- Difficulty making decisions
- Worry; overthinking; ruminating
- Poor sleep
- Feeling tired even though you sleep through the night
- Headaches
- Neglecting yourself

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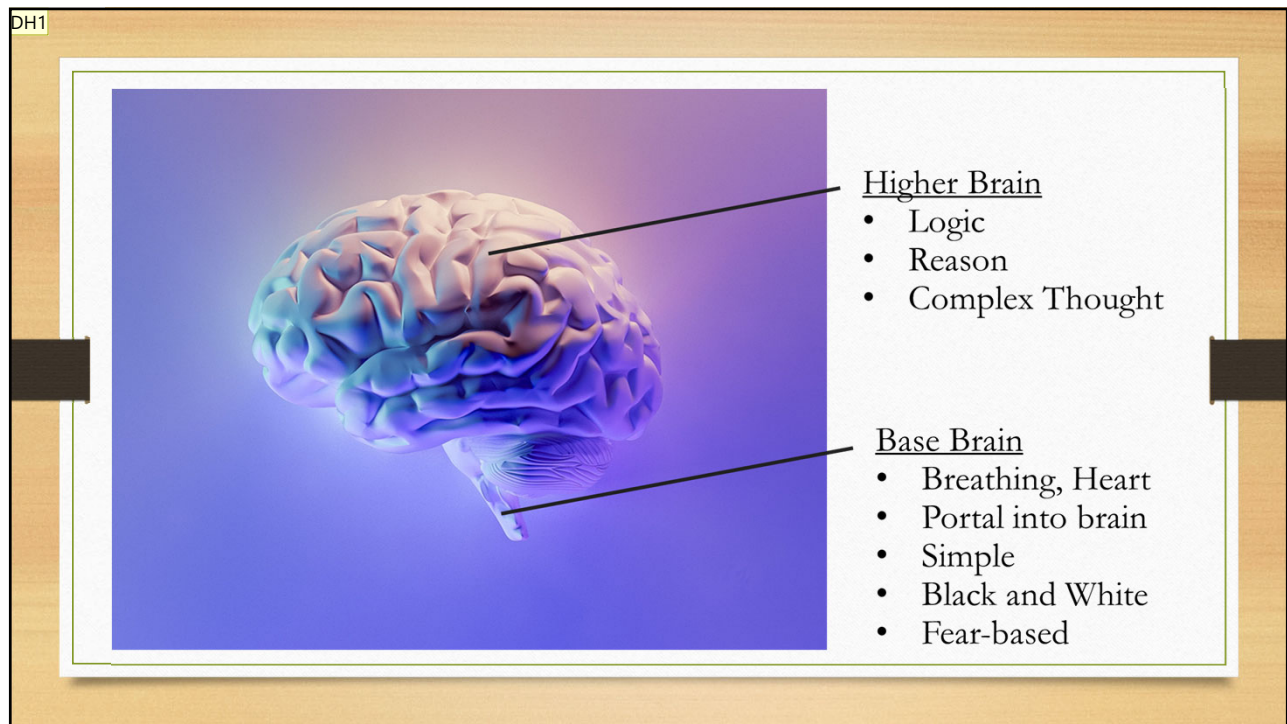
Your Thinker: An Operator's Manual



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Left alone, the base brain will handle most of what
life hands us.

However, if we
INTENTIONALLY ENGAGE
OUR HIGHER BRAIN,
we can become fully-functioning human beings!

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Honesty. Reality.

Honesty means engaging our full brain
to acknowledge
how we feel and what we need.

- Honest with yourself about how you are coping
- Honest about what you need
- Honest about what you can and can not do

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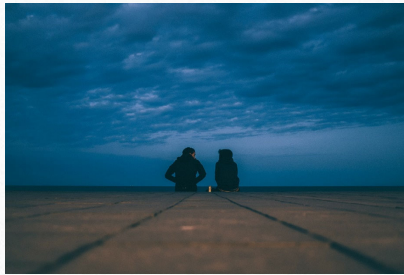
One of the best stress
management tools is talking
to another human being



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Learn how to have tough conversations

- Learn how to say what has to be said



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How to Have a Difficult, Honest Conversation

- NOT brutal honesty
- TRUTH with love and compassion
- Not angry. Not disappointed.
- Plan
- Practice
- Keep it simple – Repeat your truth

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Be Aware of Your Attitude About Caring

- It is common to feel you are not doing enough
- Is what you do a “battle to be won?” Is it ‘Us vs. them?’
- Realize ‘healing’ may not be possible or realistic
 - You are bringing comfort
 - Be a listener, not just a doer
- Celebrate milestones, not victories
- Focus on what you can do, not on what you can’t

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What Can You Do?

- Ask for help
- Get training
- Get enough good sleep
- Drink water
- Eat good food

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What Can You Do?

- Prioritize quiet time
 - Meditation
 - Breathing
- Practice paying attention
- Move
 - Walking is great exercise

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What Can You Do?

- Get support
 - Long Term Care Support Line – 855-244-5050
 - Heroes Health - heroeshealth.unc.edu
 - LSS – Lutheran Social Service – lssmn.org
 - Care Providers of Minnesota - careproviders.org
 - AARP – aarp.org

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Thank You!

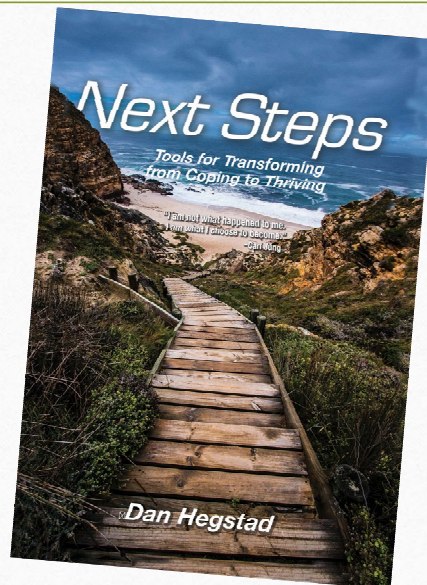


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Dan Hegstad

Author, Speaker, Trainer

- Next Steps: Tools for transforming from surviving to thriving
- Easy T'ai Chi for Health and Happiness
- Taming the Stress Monster

danhegstad.com
dan@danhegstad.com
218-851-5900



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