



## Webinar Series: A Ripple of Thoughtful Words for Communication at End-of-Life in LTC

### SELF-CARE AND STRESS

PRESENTED BY:  
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ALGONQUIN COLLEGE  
FRIDAY, MAY 1, 2020



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## ACKNOWLEDGEMENT



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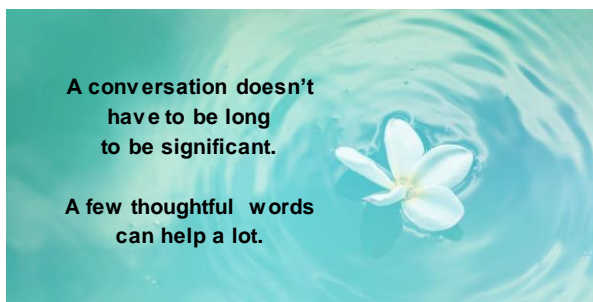
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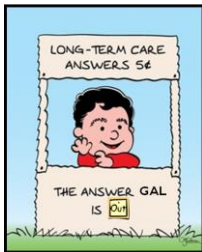
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**People usually don't want or need answers, just understanding.**

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**Proposed PATH of "Ripples of Thoughtful Words."**

- P**AUSE – Breath, be present with oneself
- A**WARENESS – Reflection/mindful moments, thoughts and feelings
- T**HEME/**T**OPIC OF THE DAY – Reflection and a few thoughtful words
- H**ELPFUL/**P**RACTICAL TIPS – Techniques and tools



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- S**top.
- T**ake a breath.
- O**bserve your thoughts and feelings.
- P**ause. **P**roceed mindfully.

(Mindfulness practice)

Honour and remember those who have died



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### SELF-COMPASSION ASKS – “What’s good for you?”



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### A STORY OF SELF-COMPASSION



Kristi Breugem - Social Worker,  
Registered Certified Counsellor  
Kristi lives in British Columbia.

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### STRESS

- Stress is a natural response of the body to almost any demand placed upon it.
- Cortisol to support a fight or flight response.
- Too much cortisol wears down the immune system.
- Affects our mind, our body and our soul.



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### BE AWARE OF YOUR SIGNS OF STRESS

- **SPIRITUAL** – Feeling lost, no longer feeling valued: “What’s the point? “Who Cares?”
- **MIND** – Makes mistakes, get confused, memory problems, poor judgement, avoiding decisions, feeling overwhelmed, constant worry
- **PHYSICAL** – Chest pain, shakes/headaches, sleepless, eat more/less, drink, smoke, aches and pains
- **PYSCHO/SOCIAL** – Anxiety, irritability, rapid mood swings, low self image, no sense of humour, depressed, agitation



WHAT ARE YOUR SIGNS?



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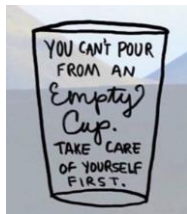
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### A PLAN ATTACHED TO THE FRIDGE

- **SPIRITUAL** – Daily meditation, weekly group, walk labyrinths, sing, play musical instruments, camp in the wilderness, reflective practice, love passionately
- **MIND** – Reduce negative self-talk, read poetry, inspiring novels, explore literature on healing, spirituality, philosophy and psychology, online book club
- **BODY** – Eat well, dance, walk, stretch
- **PSYCHO/ SOCIAL** – Have fun, stay connected with friends, celebrate with rituals



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### WAYS TO RELAX AND REDUCE STRESS



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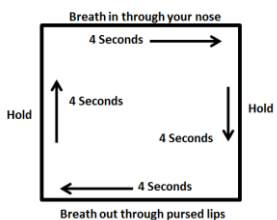
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### BENEFITS OF BOX BREATHING

- Improves sleep
- Lowers stress levels
- Cleanses the lung
- Stimulates brain growth
- Lowers blood pressure
- Reduces pain
- Reduces anxiety



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### OTHER BREATHING TECHNIQUES

#### THE 4-2-6 BREATHING TECHNIQUE

- Inhale deeply and slowly count to 4, expanding your belly as you do so,
- Hold that breath for a count of 2,
- Slowly exhale through your mouth for a count of 6,
- Repeat for a few minutes.

#### THE 4-7-8 BREATHING TECHNIQUE

- Inhale deeply and slowly count to 4, expanding your belly as you do so,
- Hold that breath for a count of 7,
- Slowly exhale through your mouth for a count of 8,
- Repeat for a few minutes.

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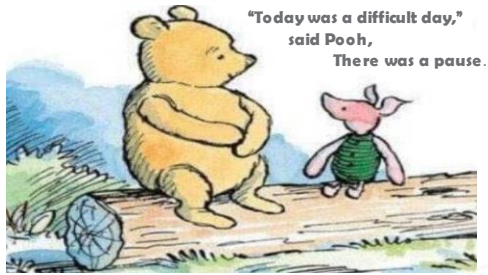
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Promise me you'll always remember:  
 You're braver than you believe, stronger  
 than you seem, and smarter  
 than you think



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### QUESTIONS?

If you are looking for more resources and support, please visit:  
<http://www.clri-ltc.ca/COVID19>

### REFLECTION

- How does stress manifest in your life?
- Who do you talk to about your feelings?

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