

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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ACKNOWLEDGEMENT

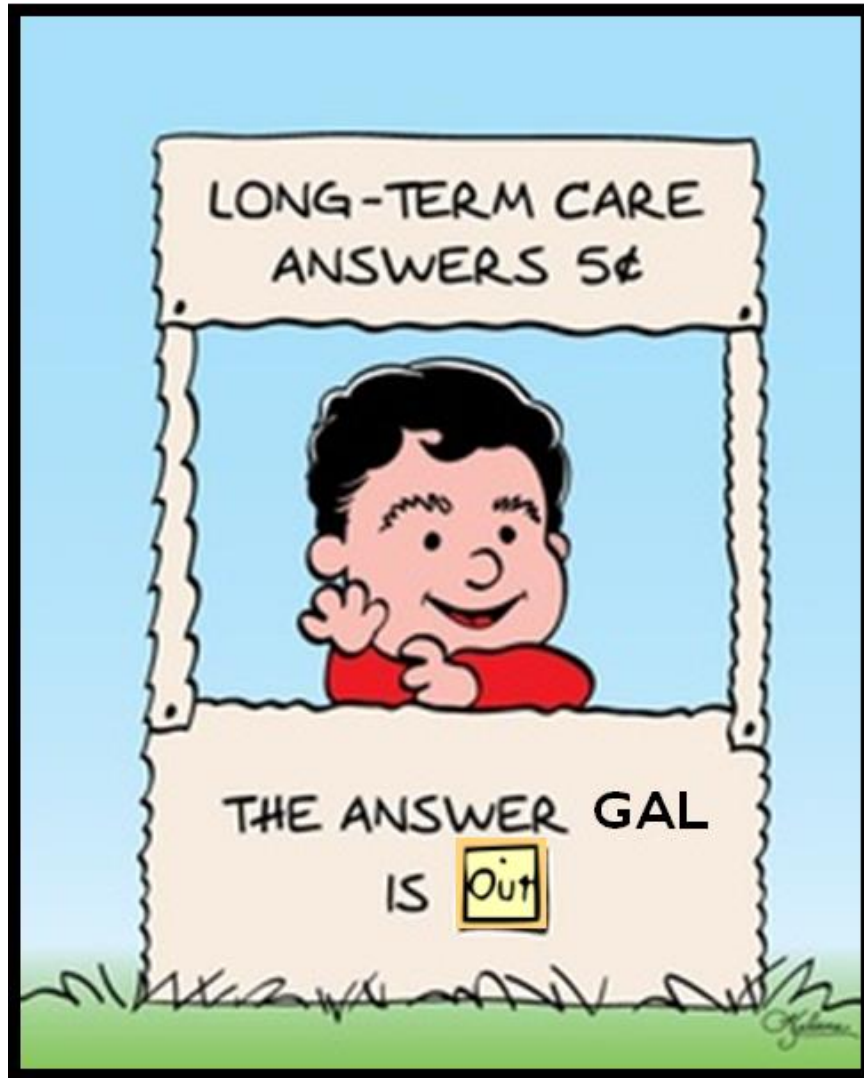


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**A conversation doesn't
have to be long
to be significant.**

**A few thoughtful words
can help a lot.**





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

Proposed PATH of “Ripples of Thoughtful Words.”

PAUSE – Breath, be present with oneself

AWARENESS – Reflection/mindful moments, thoughts and feelings

THEME/**T**OPIC OF THE DAY – Reflection and a few thoughtful words

HELPFUL/PRACTICAL TIPS – Techniques and tools



Stop.

Take a breath.

Observe your thoughts and feelings.

Pause. Proceed mindfully.

(Mindfulness practice)

Honour and remember
those who have died



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

This is a moment of suffering

Suffering is a part of life

May I be kind to myself

May I give myself the compassion I need

-Kristin D. Neff

A STORY OF SELF-COMPASSION



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



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.

It's
OKAY
not to be
OKAY

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



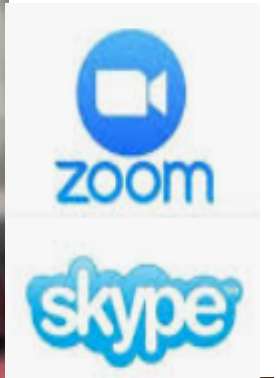
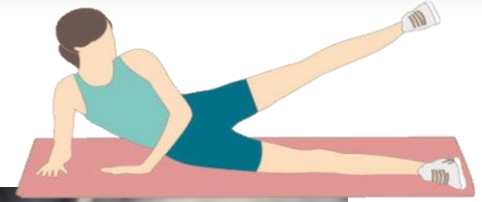
WHAT ARE YOUR SIGNS?

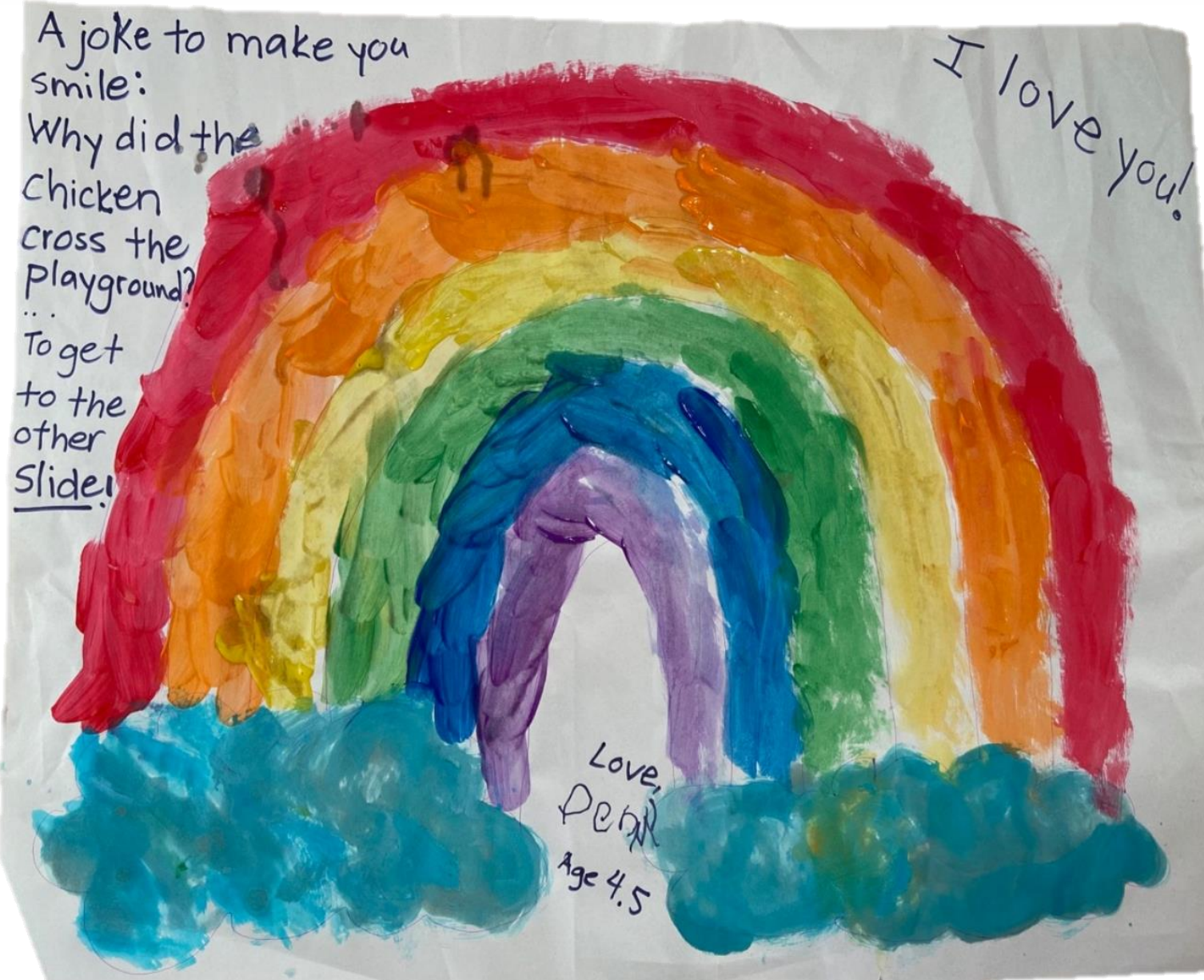
A PLAN ATTACHED TO THE FRIDGE

- **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



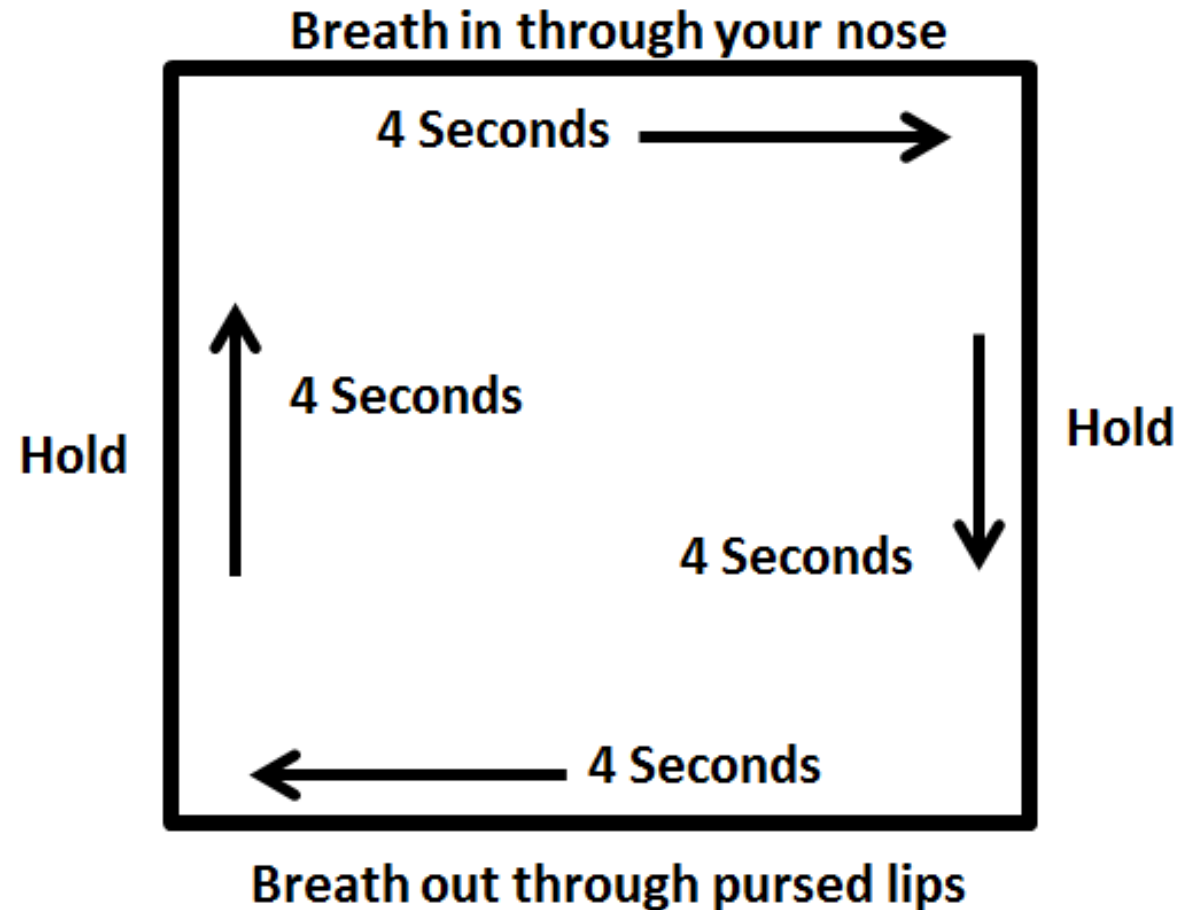
WAYS TO RELAX AND REDUCE STRESS





BENEFITS OF BOX BREATHING

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



OTHER BREATHING TECHNIQUES

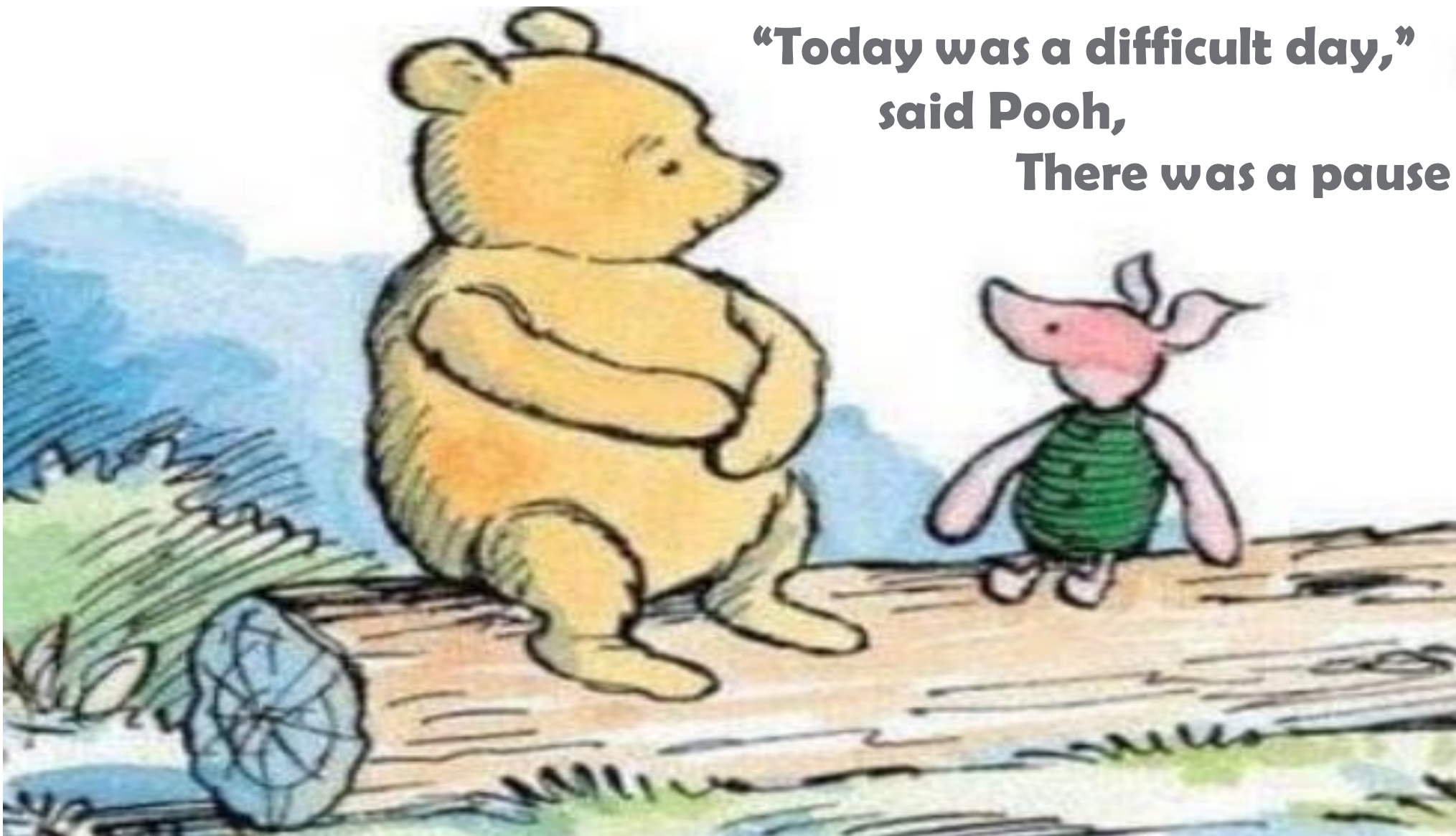
THE 4-2-6 BREATHING TECHNIQUE

- 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.

**“Today was a difficult day,”
said Pooh,
There was a pause.**



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



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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