



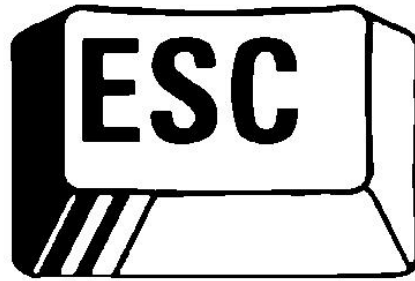
A Caregiver's Button Box

Finding Ways to Recharge

Kerrie Neu- kneu@neusounds.com

RENT anxiety DEADLINES BANK LACK OF PURPOSE
When do I get a BREAK? DISCOURAGED KIDS ACCOUNT who am I?
BILLS STRESS IS LOW PRESSURE
WORKING OVERTIME
Husband MY CAR BROKE DOWN BEAT DOWN WORK IM ANGRY
SCHOOL IS THE FUTURE WHAT DO I DO? WHAT
HARD I have a dead end job WHY DO I DO? WHAT
WHEN WILL Relationships I GET MARRIED? wife

OVERWHELMED!



I KEEP PRESSING
ESCAPE
BUT I'M STILL HERE

Escape Button

Brenet Brown:

- Easy button
- Numb emotional pain
- Escape/not deal with something

How do we know if it's an easy button?

- How often?
- Why?



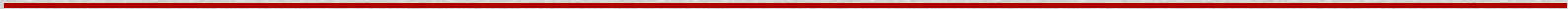
Possibilities

- Alcohol
- Eating too much/not eating enough
- Shopping
- Working too much
- Perfectionism
- Self-harm
- Gossiping about others/comparing ourselves to others
- Anger and/or rage toward others
- Getting trapped in the social media vortex (i.e. spending hours scrolling through news feeds/messages on Facebook, Instagram and twitter)



What are your escape buttons?

- Write down on your paper those things you use to escape that you want to be careful of or watch out for?



What
brings you

Real

joy?

DO that...
BE that...
SHARE that...
SPEND MORE TIME WITH that
and
get more joy!
♥

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Recharge Button

Brenet Brown

- Reset button
- Recharge or replenish



What brings you joy? What helps you feel nourished and engaged?

Goal: We'll brainstorm lots of ideas & hopefully you can find some to try.

Lesson from Lightning McQueen



Importance of taking time for pit stops in order to run the long race.

12

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HABIT 7 Sharpen the Saw

BODY

Physical Dimension

- Exercise
- Eat Healthy
- Sleep | Rest
- Relaxation



MIND

Mental Dimension

- Read
- Educate
- Write
- Learn new skills



HEART

Emotional Dimension

- Build Relationships
- Give Service
- Laugh | Love



SOUL

Spiritual Dimension

- Meditate
- Keep a Journal
- Pray
- Take in Quality Media



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6

9

3

Benefits of Recharging

- Exercising gives you the endorphins to help you stay positive and happy. (Even taking a walk will help.)
- Create growth & change
- Keeps you fresh so you can keep going
- Increase your capacity to produce & handle the challenges around you.

- Stephen R. Covey & others



Possibilities

- Going for a walk, a run or for a workout at the gym
- Doing something creative that brings you joy and allows you to get lost in the experience – writing in a journal, drawing or painting, dancing, mindful meditation, coloring, cooking etc.
- Getting together with a good friend
- Having one piece of chocolate, not 17!



Types of Hobbies

Moments

- Breathing
- Visualizing
- Stop & smell the roses
- Watch a bird
- Watch a child
- Read a poem, quote, or short inspiring blog
- Meditate
- Walk
- ????

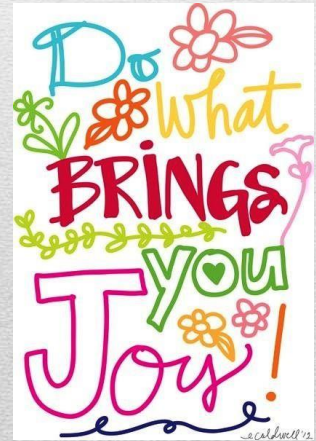
Hours

- Visit with a friend
- Take a drive
- Visit a park
- Read
- Play a game
- Create something
- ???

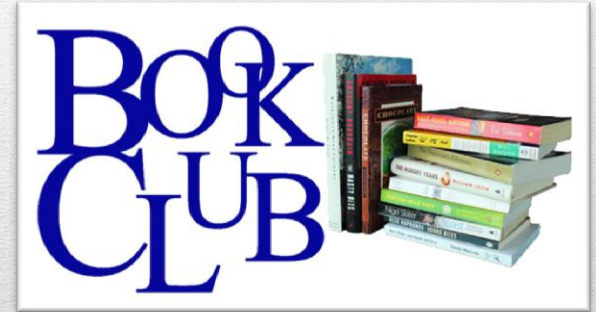
Write down any ideas that come to you on your paper. As you hear more ideas and get little inspirations, right them down as well.

Longer

- Attend a conference
- Family vacation
- Service experience
- ????



If the Shoe Fits, great! If not, find a different shoe!



Two examples that did not fit for me, but work well for other people.

Matt

- When his wife was coming home soon, the hospital social worker about his plans, and work schedule. He said he could take a leave if needed. However, she strongly recommended that he get out of the house every day even if only for a couple hours. She also said even if you were independently wealthy and didn't have to work, getting out of the house would be good. So he continued to teach part time.
- “The neuropsychologist told me if I don't take care of myself I won't be able to take care of anyone else. So he encouraged me to keep up with my hobbies and take time for myself to recharge.”



Matt

- Biking
- Photography
- Book Club
- Ice climbing
- Blogging
- Cooking & food



Rosalyn

- Kenya Keys group trip
- “Getting long breaks away is critical but you feel guilty. Think of it like car maintenance. It’s necessary to keep going. Also, finding someone to help is important.”
- Meetup groups help us find new friends & trails. Some are suitable for Todd.



ANNE

- Political action
- Campaign organizing
- Games
- Backpacking



KERRIE

- Taking photos (<http://todaysmomentstomorrowmemories.weebly.com/>)
- Reading
- Writing music
- Playing music
- Orchestra & Jazz Band
- Basketball
- Family get together in summer
- Gardening
- Walking in nature



JON

- Board games online with his eye tracking computer
- Reading books
- Crazy socks
- Fun shirts
- Skype with family



LAURENT

- Singing
- Music shirts
- Board games (without words)
- Puzzles (250 pieces)
- Listening to audio books
- Family History (his Jewish heritage)
- Tai Chi
- Stationary Bike



Be Open to Change

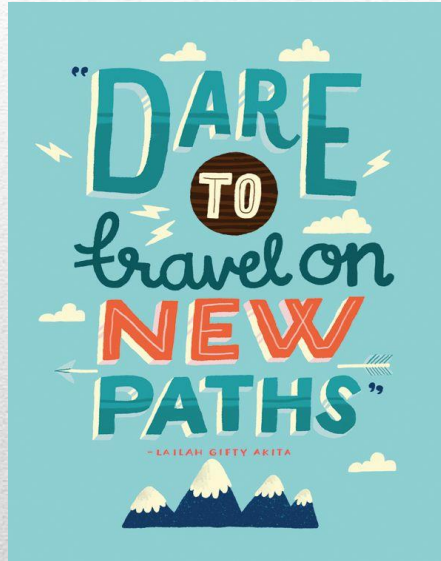
BEFORE

Basketball

Board Games

Softball

Riding motorcycle



AFTER

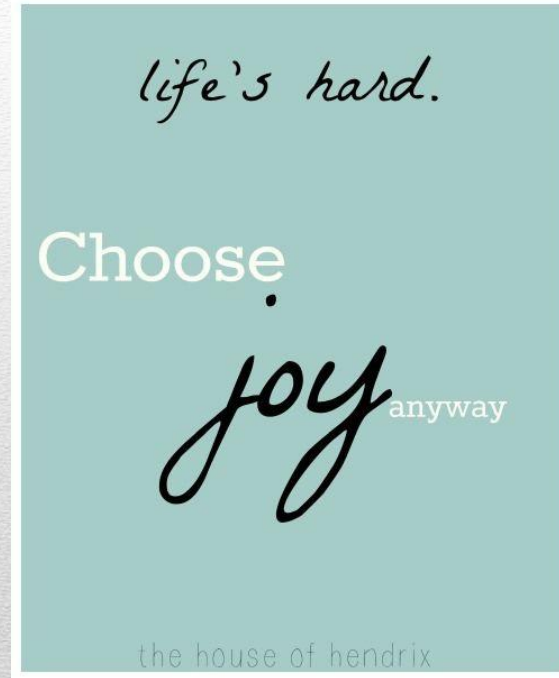
Board games that didn't
involve words.

Movies

Audiobooks

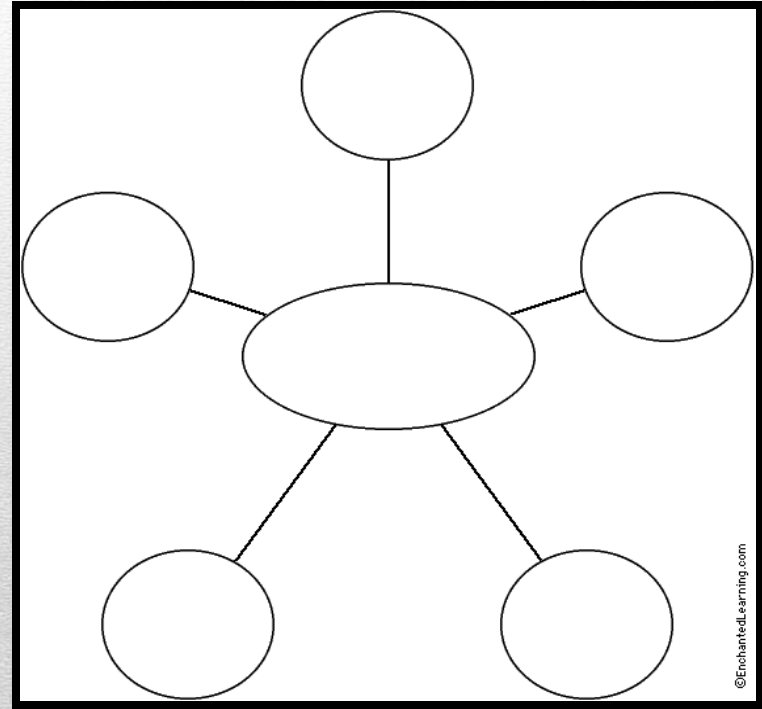
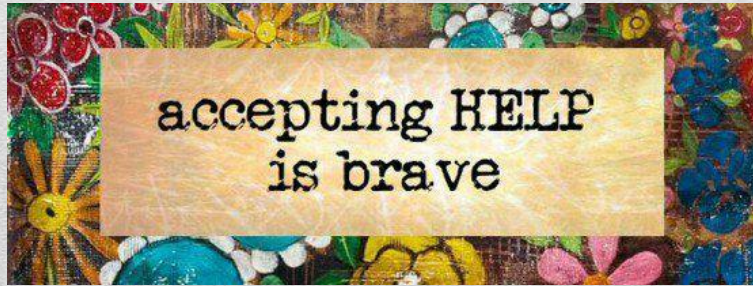
Choose What Brings You Joy

- Choose 1 of the items from your list you want to try.
- What resources will you need to be able to do so?
 - Time?
 - Money?
 - Tools?
 - Skills?
 - Knowledge?



Network of Help

- In the graphic organizer, write down any people you think of that could help you to be able to do something to find joy.



What Can I Do With My TBI Survivor?

- **Fatigue**
- **Adaptations**
- **Creativity**
- **Cost**
- **Resources**
 - **Disability passes**
 - **Free resources**
 - **Organizations**



Hiawatha Bike Trail 2011

Success

- Only downhill
- Easy enough for children
- Shuttle back to the top
- Short enough time so he could nap afterward



London Bike Tour 2012

Less Than Successful

- Given him warning and tried to get him to prepare, but he didn't.
- Biggest problem- Fatigue
- Too long
- Didn't have a contingency plan



Accessible Outdoors

Cascade Springs

- Easy trails
- Wheelchair accessible

Alpine Loop

- Scenic Drive



Matt & Sharon

Spring Break

- Stayed in motel to accommodate his wife
- Drove to overlooks
- Short walks
- Assisted with balance



Rosalyn & Todd

- Skiing
 - National Ability Center
- Hot Air Balloon Ride



Jon & Anne

- Partner games
- Family trip to Utah for our son's wedding
 - Hotel to accommodate needs
 - Van & trailer to carry his equipment
 - Selected events & schedule to accommodate his needs

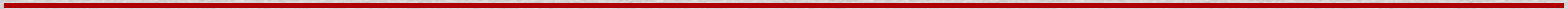


Web sites

- Selecting a hobby with a TBI-
<https://twilightinsight.wordpress.com/hobbies/hobbies-for-healing-the-brain/tbi-and-selecting-a-hobby/>
 - National Ability Center- <http://www.discovernac.org/>
 - Wheelchair accessible trails in Utah-
<http://wanderookie.com/blog/2015/07/27/12-beautiful-wheelchair-accessible-trails-in-utah/>
 - Accessible Utah List of Resources-
https://www.visitutah.com/Media/Default/One%20Sheeters/Accessible_Utah_web.pdf
 - Meetup Groups- <https://www.meetup.com/>
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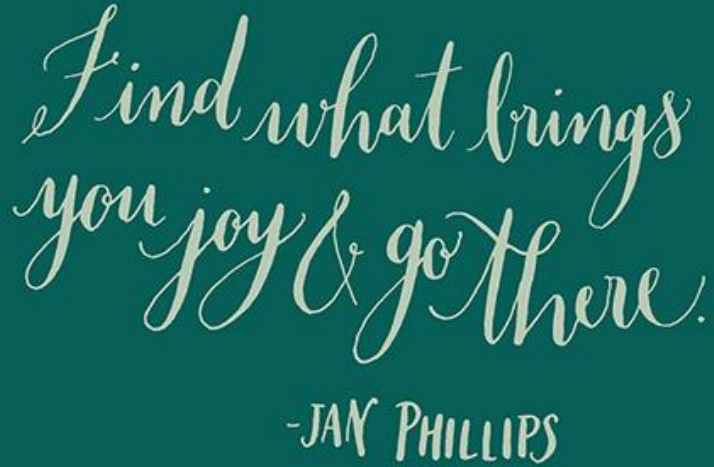
Web sites

- Access pass- Free pass to National Parks & Federal Land Agency areas- <https://store.usgs.gov/access-pass>
- Watchable Wildlife for Disabled Persons- <https://wildlife.utah.gov/watchable-wildlife-for-disabled.html>
- Brain Injury Alliance of Utah- <https://biau.org/>
- Salt Lake County Disability Plus One Pass- <http://slco.org/adaptive/plus-one-pass/>



Write Down Your Ideas

- Share some ideas you have found that help you and your TBI survivor find joy.
- Write down some notes to remember later.



*Find what brings
you joy & go there.*

-JAN PHILLIPS

Summary



- Joy is a decision, a really brave one, about how you are going to respond to life.

~Wes Stafford

(Former CEO & President of Compassion International)

life's hard.

Choose

joy anyway

the house of hendrix