



SELF-CARE STRATEGIES FOR FAMILIES WITH CHILDREN WITH DISABILITIES

Presented by: Missy Longman

January 9, 2019

10:00 am – 11:15 am PST (1:00 pm – 2:15 pm EST)

**Note: The presentation will be available on the CADRE website:
<https://www.cadeworks.org/events/self-care-strategies-families-children-disabilities>**

Technical Stuff:

- Please enter any questions or technical difficulties into the questions box.
- Thank you, in advance, for taking the time to respond to the brief survey at the end of the webinar!

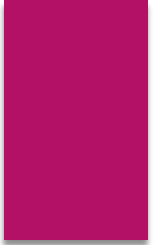


SELF-CARE STRATEGIES FOR FAMILIES WITH CHILDREN WITH DISABILITIES

PRESENTED BY MISSY LONGMAN

Self-care for the caregiver is not about.....

- ▶ Bubble baths
- ▶ Chocolate
- ▶ Shopping sprees
- ▶ Pedicures
- ▶ "Indulgences"



"I have come to believe that
caring for myself is not self
indulgent.

**Caring for myself is
an act of survival."**

-Andre Lorde

www.paintedteacup.com

Self-care for the caregiver is about:

- ▶ Reclaiming our joy
- ▶ Rebuilding our health
- ▶ Rediscovering ourselves
- ▶ Redefining a meaningful life
- ▶ **Strengthening our “core”**

Takeaways:

- ▶ Tools for managing anxiety and depression
- ▶ Ideas for how to begin building or increasing the strength of your “core”
- ▶ Reassurance that you are not alone
- ▶ Some questions to begin asking yourself
- ▶ Our ultimate goal: Endurance, Resilience, and Improved Quality of Life



Sienna's Story



Smith-Magenis Syndrome (SMS)

- ▶ Microdeletion of the 17th chromosome
- ▶ Global Developmental Delays
- ▶ Cognitive Impairment
- ▶ Severe Behavioral Phenotype (attention-seeking behaviors, self-injury, aggression, meltdowns through adulthood)
- ▶ Sleep Disorder – inverted circadian rhythm
- ▶ Medical/Health Issues



GRIEF



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When your body talks to you.....

- ▶ Tingling in arm
- ▶ Shortness of breath
- ▶ Numbness in hands and feet
- ▶ Tightness in chest
- ▶ Rapid heartbeat
- ▶ Dizziness
- ▶ Heart attack????

Signs of a Panic Attack



Fight or Flight

- ▶ *Journal of Autism and Developmental Disorders*, 2009, measured levels of maternal cortisol in mothers of children with autism.
- ▶ Maternal cortisol levels were significantly lower than normal, “yielding profiles similar to those of combat soldiers and others who experience constant psychological stress.”

Anxiety Rxs

- ▶ Eliminate or decrease caffeine and alcohol use
- ▶ Break a sweat daily
- ▶ Essential oils – I like wild orange, peppermint, lavender, and cedarwood
- ▶ Supplements – GABA calm, Passionflower, Lemon Balm, Adaptogens, Serodyn, and Kava tea
- ▶ Breathing exercises/meditation – “Square Breath”, Calm App or 10% Happier
- ▶ Sleep/nutrition

A Caregiver State of Mind

- ▶ Exhaustion
- ▶ Resentment
- ▶ Regret/Guilt
- ▶ Anger
- ▶ Short fuse
- ▶ Impatience
- ▶ Isolation
- ▶ Comparison



GRIEF

Building our “core” with Radical Self-Care

Mental

- Therapy
- Medication
- Essential Oils
- Decrease or eliminate social media
- Support groups

Physical

- Exercise
- Nutrition
- Hydration
- Sleep
- Play with a pet

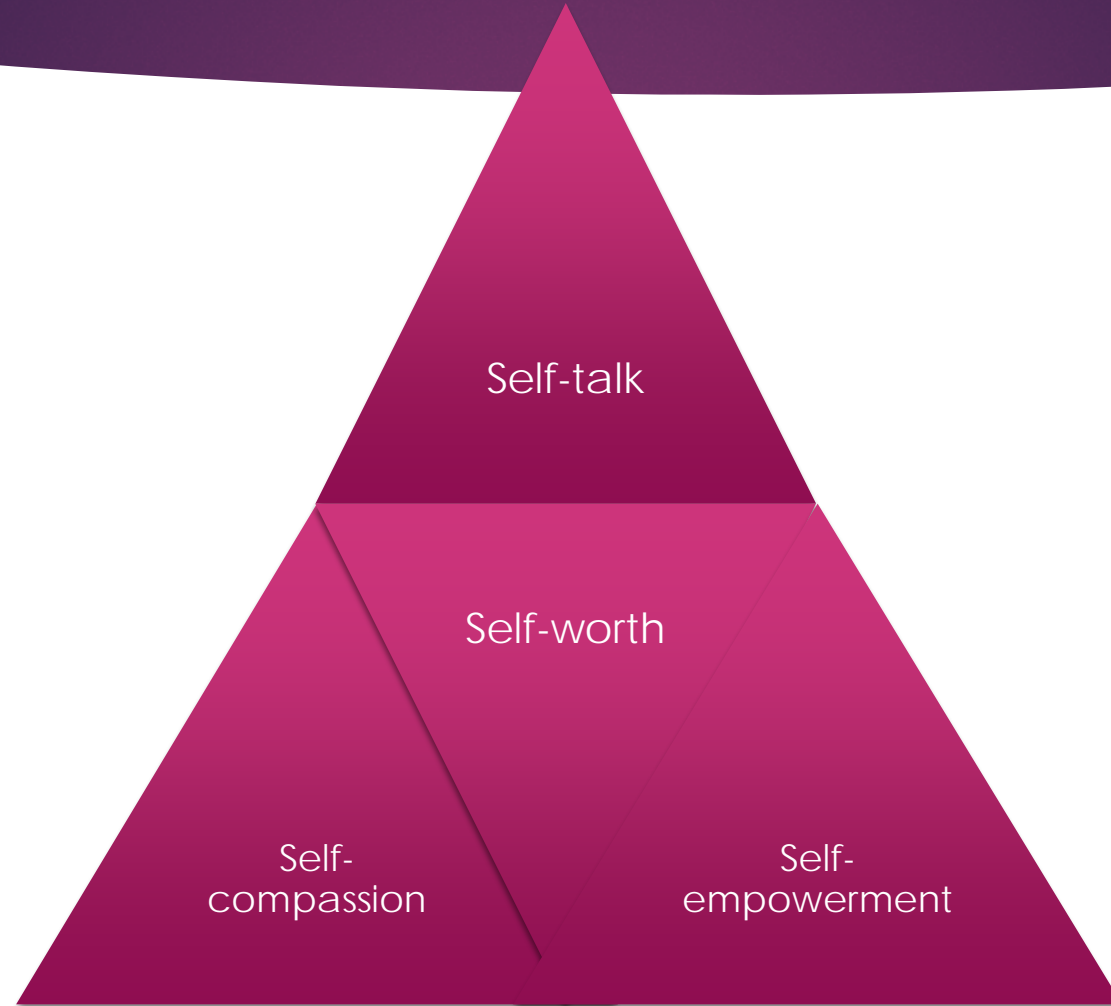
Emotional/Spiritual

- Journaling
- Prayer/Meditation
- Mindfulness – paying attention to our thoughts
- Gratitude
- Hope
- Friends/Spouse/Family
- Nature

SAY NO

ASK FOR HELP

Self-Talk: Our Life Script



Rediscovering Ourselves – Finding JOY

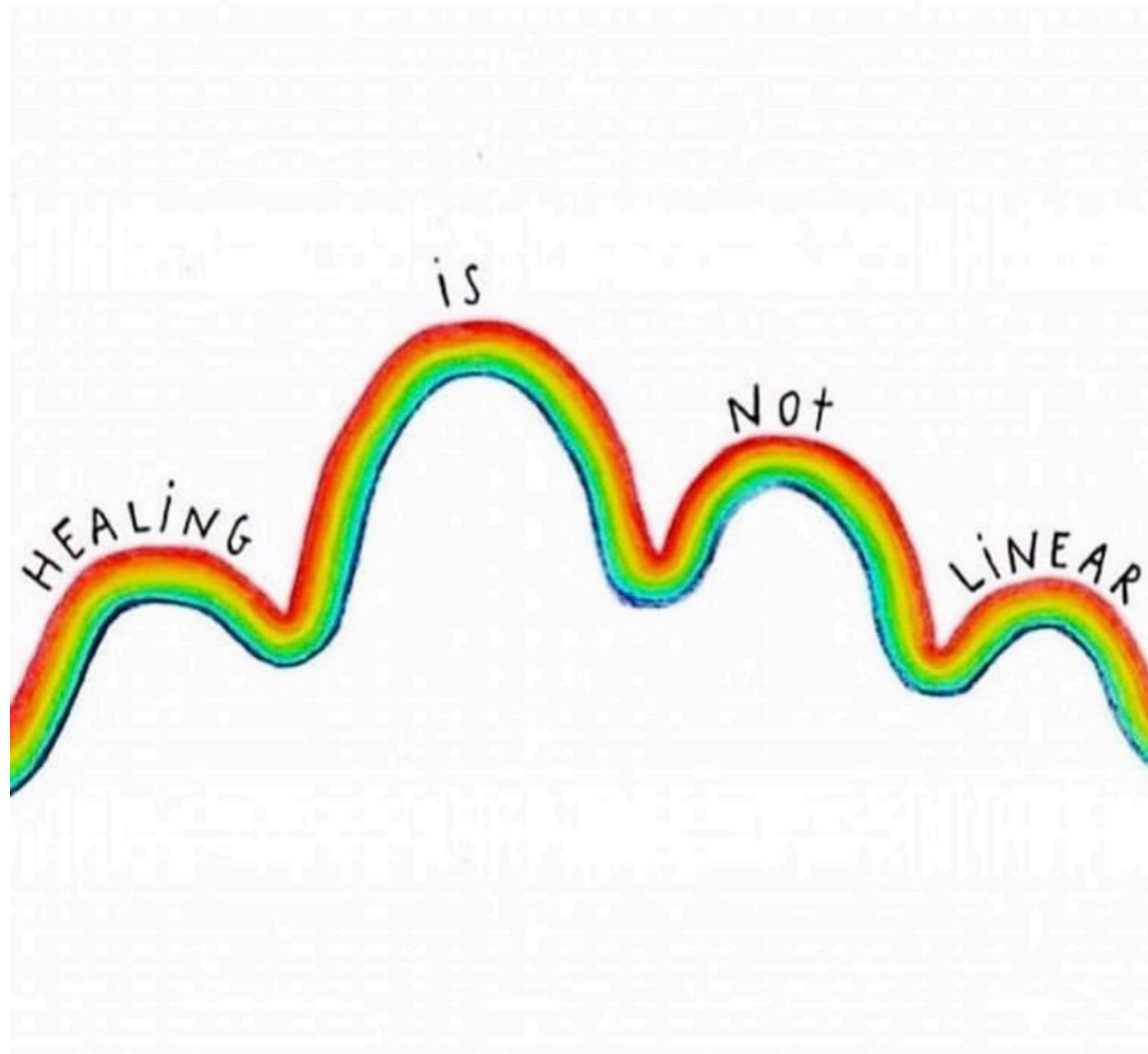
- ▶ What makes you feel most alive and “in the moment?”
- ▶ Is there any activity you’ve participated in in the past where you often lost track of time?
- ▶ How about an activity you participated in high school or college that you loved but didn’t pursue later because life got in the way?
- ▶ Who do you admire and what is it about them that you admire most? It’s likely something that is looking to be born within you. :-)

Self-care doesn't have to cost you anything

- ▶ 1. Give yourself permission to grieve
- ▶ 2. Strengthen your "core"
- ▶ 3. Monitor your self-talk
- ▶ 4. Engage in activities that help to heal your adrenal system

How others can help

- ▶ Empathy/Encouragement
- ▶ Normalize/validate grief
- ▶ Offer grace – Put yourself in her/his shoes
- ▶ Offer to babysit
- ▶ Offer to help in other ways (i.e. make a meal, pick up another child from school, etc.)
- ▶ Keep inviting
- ▶ Community – weekend/holiday respite





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Thank you for joining us!

Please take a few minutes to respond to this brief survey about your experience:

[Webinar Survey](#)

<https://www.surveymonkey.com/r/selfcareweb>





Upcoming Webinar

Beyond Mediation & Facilitation: Exploring Early Resolution Options

March 2019

More Details Coming Soon – Check the [CADRE Website!](#)

