



5 Things

Newsletter



Corley Caregiver Consulting, LLC

Hello friends and a warm welcome if you're new here!

With summer in full swing, many of us have been seeing some crazy hot temperatures outside, which, if you're like us, has driven you indoors. I hope you've been able to manage the heat well and still enjoy summer.

I hate to wish summer away, but I'm looking forward to the cooler temperatures of Fall.

As with every newsletter, I'm back in your inbox to share 5 things that have helped me on my caregiving journey over the past month. I do this in the hopes one of them will be a golden nugget of help, support or entertainment for you in your own journey.

I invite you to email me if you have found resources, routines or ideas that work for you. I'd love to include them. My goal is to make this newsletter more than just a one way communication. I believe we all have something to learn from each other.

Now on to our 5 Things for this month!

1. A Reintroduction to an Old Prayer

I believe things find you when you need them the most. It might be a person, a life hack, words of encouragement, good news, or in this case the reminder of a power prayer.

I am a very spiritual person. I rely on prayer for strength emotionally, mentally and spiritually. My prayers are usually a conversation and less formal.

I was scanning through my unread books on my Kindle and I stumbled on a book I'd downloaded some time ago about the Serenity Prayer. While that prayer hasn't been on my radar in a while, I immediately remembered it.

***God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.***

The book dives into each line and expands on what it means to have serenity, courage and wisdom. While I'm enjoying the book's deep dive, I am more struck by what a simple and powerful effect this prayer has the potential to have for caregivers.

So much of our role is about acceptance and action!

We are faced daily with things we likely cannot change like a diagnosis, a prognosis, lack of help from family, financial struggles, an uncooperative caree, etc.

We do our best to change the things we can like managing our emotions, our perspective, our attitude, our actions, being proactive to stay ahead of potential problems, etc.

Not only do we manage day to day household responsibilities, but we are called to manage so many intangible things that are outside our control. Having the mental capacity to do that is significantly more challenging than the day to day stressors. It's a second by second, moment by moment challenge for many of us.

Over the past month, I've found quiet solace in saying this prayer throughout the day. Sometimes it's a morning and evening prayer and sometimes it pops into my head during the day. Regardless of when I say it, my body always follows it with an automatic exhale.

If I could change anything about the prayer, I personally would add one more line.

And the patience and strength to accept things as they are.

What caregiver couldn't use more patience and strength, right!? I know I certainly can. Acceptance and letting go are, I believe, the most cumbersome challenges for caregivers. Life doesn't always present us with what we want

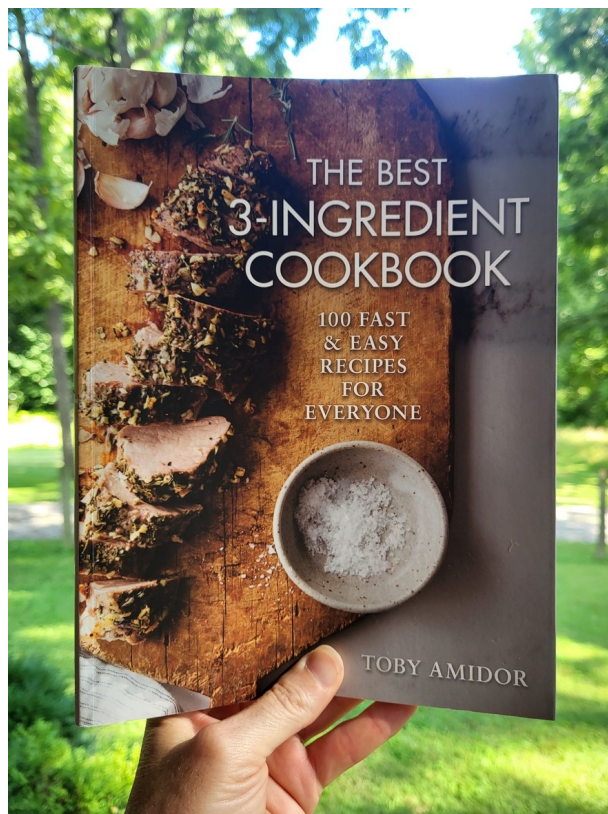
most.

While I have no magic answer on how to accept and let go, one thing I am certain of is that it's an inside job. No solution I give you will do it for you. It has to come from within you and in its own time. What if a simple prayer were the first steps forward?

2. The 3 Ingredient Cookbook

As caregivers, we know it's important for not only our caree, but we as caregivers, to eat well. With every other duty we have to perform, the last thing we want to do sometimes is cook a labor intensive meal.

My husband recently surprised me with the gift of a 3 ingredient cookbook. I do 99% of the cooking so I had to tease him that he obviously had an ulterior motive with this gesture. ;)



The recipes are simple...3 ingredients. This is a great resource for the overwhelmed and tired caregiver who knows they need to be eating healthier. It's also perfect for the caregiver who's not an experienced cook. These recipes are a great way to dip your toe into the water of cooking.

And can I just share the avocado, tomato and balsamic vinaigrette recipe has been a family favorite of ours for years. I was happy to see it in the book. My advice for it....add sunflower seeds. Super tasty, healthy and a cold "salad" we could eat every day.

3. Finding time in a busy day for writing

I have always wanted to start a writing habit, but I had this preconceived notion that I needed to be able to devote 1 hour or more to it undisturbed with a soft breeze, a cup of coffee, and a calm mind. Guess what? That recipe rarely happens due to outside demands or internal procrastination. That means, I never wrote and I continued to live in a space of wishing I could. Why? Because I was never able to check all the boxes I thought I needed to have perfectly in place. It became frustrating and self defeating.

I recently listened to a short podcast episode that speaks to this exact stumbling block. It's a quick episode with great ideas on how to shift your perspective on having time to write.

No time to write? Make solid progress in just 5 minutes!

The solution: use small spots of time in your day.

Waiting in the car? Jot down some thoughts or ideas in your phone or on paper. Waiting in a doctor's office? Write a sentence or two.

Wake up in the morning with a few quiet moments to yourself? Jot down what's on your mind.

I personally have used all three of these ideas for free writing. Just taking that small chunk of time helps me feel like I'm making progress. I don't get a ton of writing done, but I make progress. If you've been a subscriber to this newsletter for a while then you'll remember I often remind you that small steps forward are still progress. That progress is sometimes the difference between frustration and a sense of fulfillment.

If writing or journaling is important to you (and the science backed benefits are numerous), there is always time in your day to do what matters TO you and FOR you.

4. Shorten the To Do list following Health Scares

I'd be lying if I said last week was not a doozy for us. My husband fell last

Monday afternoon hitting our wood floor HARD. As a precaution, we went to the ER. He's no stranger to concussions and falls, especially in the last 5 years.

25 HOURS later we were home.....finally! With 3 stitches in the bridge of his nose and a cervical collar on for a fractured vertebrae in his neck, we eased back into daily life. It's really surreal settling into life as we know it after an event like that. In just 25 hours, life as we know it feels disjointed. I found myself wandering around struggling to remember what I needed to do or what I should be doing.

If you feel like that now (or have ever felt like that), my advice is to slow down and do less. Let the "have tos" fall to the side. Focus on what you and your caree need now.....rest, hydration, pain meds, food, help to the bathroom, etc. Live in the right now....for now. As you settle back in, your normal routine will come back into focus. In the meantime, order take out for dinner, let the laundry pile up for a day or two, take the trash out later, run the dishwasher versus doing dishes by hand.

It's important to remember you've both been through a stressful time. Nothing will test and exhaust you quite like a trip to the ER. The unknowns, the testing and the WAITING will pile on more stress than you realize.

Be kind to yourself when you are finally home. Don't be in a hurry to get back to normal. "Normal" will be waiting for you.

5. Get out of my head!.....and onto paper

One more piece of advice when returning home from a health scare at the hospital. If you're like me, when you're sitting and resting, to-do's and "must remembers" will pop into your head. I highly suggest keeping paper and pen handy to write these things down. Speaking from personal experience, my brain felt scrambled. All thoughts regardless of topic were whirling around in my head. It didn't help that I also added the "anxiety of forgetting" to the mix.

I kept a small piece of paper close and wrote down the thoughts I didn't want to forget. In addition, this is a great way to ease back into your normal routine. I used it to help me focus on what I needed to do each day.

This was not a list for "all the things". These are just the bare necessities that need attention today outside the needs of my husband. Today's list for example has 4 things on it. That's it. 4. I don't need an exhaustive list on top of everything else. I know I need to take things slow. Manage what I can and give myself space to recover.

Let the paper carry the responsibility of remembering so then all you have to do is remember to look at the paper. Many things in exchange for one. I like that kind of math.

Ideas and Takeaways for the Month Ahead

- Cooking
is
no
time
to
be
a
hero!
Embrace
simpler
recipes.
- Incorporate
your
favorite
prayer
or
mantra
into
the
start
and
end
of
your
day.
- When
caregiving
gets
heavy,
give
yourself
permission
to
do
less.
Make
paper
and
pen
your
friend
by

getting
things
out
of
your
head.
Give
the
paper
the
responsibility
of
remembering.



That's a wrap for this month, friends.

If one piece of information here supports, empowers, or makes you feel less alone in your caregiving journey, I am beyond thrilled.

As you implement any of the ideas, please share that with me. I'd love to hear from you! I certainly don't have all the answers, but together we get stronger and smarter.

If you know someone who would enjoy this newsletter, please share it! The more the merrier!

Also, if I can support you in your own caregiving journey, please message me. I'd love to hear your story.

I'm always here to remind you that you are not alone and you can do difficult things.

Wishing you peace in all that is and strength to keep you moving forward.

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