



# CORLEY CAREGIVER CONSULTING

## 5 THINGS NEWSLETTER

OCTOBER 2022

**Hello fellow family caregiver!**

***Welcome to Corley Caregiver Consulting's 5 Things Newsletter!!!***

Thank you for being part of my inaugural issue! It's Halloween today and I'm hoping you are able to find a few helpful "treats" in this issue!

I don't know about you, but I love learning new tips and tricks. As a family caregiver, I'm always looking for things to make life easier or run more efficiently. The "trick" is I need those new nuggets of information to be just that....nuggets! Small, easy to think about and, even more important, easy to use! That's the guiding principle I decided to use for my newsletter - small tips, tricks, anecdotes, lessons and ideas you can use in your daily life and throughout your caregiving journey.

Each month, I'll visit your inbox and share 5 things bringing me joy, an energy boost, a new perspective, etc. in the hopes you'll gain value as well. I love sharing ideas and resources; some may be new to you while others may merely serve as a much needed reminder. Either way, I hope you are able to take at least one idea to heart and make a positive difference in your caregiving journey.

With all that said.....let's dive in!

## **\*\*5 Things Bringing Me.....\*\* =====**

### **1. A Much Needed Break - Staycations**

Full disclosure, I'm always busy doing something and time gets away from me.

Due to my husband's pain management issues, outings can be a challenge. We both needed a break and a vacation this summer so we took a friend's great idea and planned a staycation. August was a full month for me so I slated our plans for the last weekend in August to celebrate surviving a very full month! (Celebrating successes is underrated. We'll discuss that again!)

Our idea was to become tourists in our own area! I researched ideas for things we love to do which normally involves nature, site-seeing, eating, photography and just driving around looking at new things. Having moved to the country 2 years ago, we hadn't really explored our area so we decided to visit the next county over and see what gems we could find. In the end, we visited a used bookstore, an indoor farmer's market and several parks and nature preserves. We divided everything over a Saturday and Sunday so neither day was too full for either of us. I also gave myself specific "rules"...no alarm wake up, no work, no phone activities, wear only my favorite clothes and only do enjoyable things (which involved ordering take out for dinner!).

I can honestly say it's the most refreshed I've felt in a long time. I felt more refreshed by it than a typical weeklong getaway because there was less hassle. Would a trip somewhere have been nice, sure, but just because we couldn't really travel didn't stop us from exploring just the same. In fact, it made such a positive impression, we're keeping this idea on regular rotation on the calendar.

## **2. The Excitement of a New Season - It's Fall Ya'll!**

I love every season of the year, but I especially love the transition from summer to fall. This summer was so hot and humid here in Ohio that it really limited what we could do outside comfortably and enjoyably. Since the weather has broken, I've started working on some of our outside projects in preparation for winter.

I made the observation the other day that while I'll change the "O" on our welcome sign to reference the season, I don't really get into decorating for any other season than Christmas. I have a lot of friends who get decked out for every season as it arrives, but that's never been me. It always felt like a lot of extra work that took extra energy that I just didn't have to give. I didn't want the extra hassle.

What I realized was I celebrate the seasons in small ways that I never noticed. One of my favorites is I buy seasonal hand soap scents for use in our bathrooms and kitchen. I also start gravitating towards warm drinks this time of year. My favorites.....hot cider and green tea latte mix.



Alpine Original Apple Cider



Private Selection Matcha Green Tea Latte

While these don't replace coffee from my morning routine (that's crazy talk!), they do add a little sparkle later in the day that helps me mark the change in season with something I can feel and enjoy beyond just chilly temperatures and falling leaves.

### 3. A Break for My Tired Brain - Brainless Chores

Ok I know this one sounds strange, but hear me out.

I spend a great deal of life as a caregiver thinking, strategizing, planning. I'm sure you can relate. It's inevitable and inescapable really. That takes a lot of bandwidth and over the course of a day or week it's draining. I've been thinking a lot lately about the chores I really enjoy doing. They're dull to many, but I kept wondering why I enjoyed them so much. Things like mowing, pulling weeds, shredding paper, chopping vegetables. OK this last one is HUGE for me! Maybe I'm weird, but you can keep your fancy onion choppers just hand me a knife and let me get chopping!! I'm smiling just thinking about it.

What I've discovered is because these simple tasks are so singly focused and simple to do, they become a type of meditative practice for me. When I'm doing any of them, my hamster wheel thinking stops (or at least slows down) and I can feel my brain resting.

I read a quote not long ago that something like:

***“When you’re overusing your brain, stop and do something with your hands or body. When you’re overusing your hands or body, stop and use your brain.”***

I can tell you from personal experience there's something to this practice. It doesn't have to be anything complicated. It can be something as simple as switching from balancing your checkbook to folding laundry. (That's another one I really like!)

If you have similar chores that help you disconnect, message me! I'd love to hear about them and share them with other readers.

#### **4. White Space and a Sense of Presence - Sitting Still with my Senses**

We moved to the country 2 years ago and one of my favorite things about our house is the front porch. It has a beautiful view of our tree filled property and serves as a protector from the sun and a great place to catch and enjoy a westerly breeze.

This time of year with the new chill in the air it's my favorite place to enjoy a hot cup of coffee in my pjs and a hoodie. It's that one ritual I do religiously on the weekends because it gives me a chance to enjoy the change in season and the sensory experiences that come with them; warm coffee in chilly breezes, the smell of falling leaves, the sounds of hickory nuts and black walnuts falling.

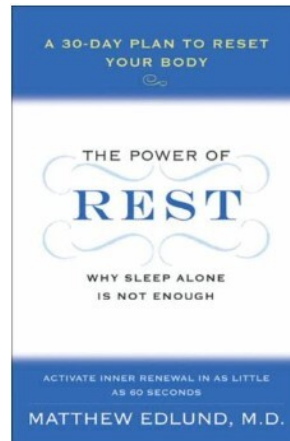
I believe quiet and still moments like these are the key to our survival and thriving as caregivers. I encourage you to add a sensory experience in your quiet moments.

Have a special ritual you enjoy? Share it with me so I can pass it along to others for ideas of their own.

#### **5. New Perspective on Rest - Book Recommendation!!!**

I love reading. I can't emphasize that enough. If I could get paid to read all the time I would. Because of this love, I found myself with a lot of books and e-books stacking up. I'd buy an interesting title every time I'd see a deal. That meant I was falling behind. So in January, I made a deal with myself - I would not buy any new books until I'd read what I already had. Some call that a Depth Year where you dive into what you already have instead of expanding into new areas. We're ending October and I'm happy to report I've stuck with it.

One of the books I recently finished was titled The Power of Rest: Why Sleep



I was especially excited to read this one because I'm always looking for new ideas to implement into my life in the hopes of making changes for the better. As I mentioned earlier, I'm always busy and in motion so rest is often a challenge for me, but something I know I desperately need.

What I loved about this book (and what caught my attention in the first place) was it's about more than just "sleeping" as rest. Turns out, there's more to rest than just sleep, which makes complete sense because I've experienced times where I've had a good night's sleep and yet still didn't feel rested. The book dives into the ideas of rest from a much broader view. It covers areas like physical rest, mental rest, social rest, spiritual rest, rest at home and rest at work. Frankly, my eyes were opened to all the forms rest takes that I had never considered.

The area that lingers with me the most is the idea of social rest. There's an exercise in the book that suggests you break your friends down into categories of:

- People  
I  
can  
talk  
to  
in  
personal  
emergencies
- People  
I  
can  
talk  
to  
about

intimate  
secrets

- People  
I  
like  
to  
talk  
to
- People  
I  
wouldn't  
mind  
seeing  
more
- People  
I  
can  
go  
to  
a  
movie  
with
- People  
I  
can  
watch  
sports  
with
- Work  
colleagues  
I  
talk  
easily  
with
- Acquaintances  
I  
like

From there, it gives instruction on how often you should check in with each category of friend so you can feel socially rested. I loved this idea so much because caregiving can be an isolated journey and connection is so important to our wellbeing. I'm working on this exercise now and it's been a really eye opening experience. There are areas of my friends list that are full and other areas where I see gaps. It's also made me realize all the friends that I have that I don't talk to regularly. I've also noticed I have friends I've lost touch with and need to rekindle that connection.

As caregivers, we all crave rest at one time or another. What I've learned is that

it might not always be sleep we need. Sometimes other forms of rest can refill our cup of energy in much the same way. I encourage you to check out the book on Amazon or seek it out at your local library. It's a great, thought provoking read, especially as caregivers.



That's a wrap for this month, friends. If one piece of information here supports and empowers you in your caregiving journey, I am beyond thrilled.

If I can support you in your journey in any way, please message me. You are not alone.

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

Barbara Corley, CCC  
Certified Caregiver Consultant  
[hello@corleycaregiverconsulting.com](mailto:hello@corleycaregiverconsulting.com)



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