

How to Stay Upbeat and Motivated

Ten Tips for Caregivers on Staying Upbeat and Motivated

- 1 **Choose your attitude.** Keep a positive attitude while embracing this chronic disease. "The glass is half full or half empty" depending on your attitude. Look at those things you can change versus those you cannot; embrace this change. Get involved immediately with the medical team.
- 2 **Reach out and touch someone.** Ask for help, it shows a sign of strength, not weakness. Let someone stay with your loved one while you take a few minutes to yourself. Family and friends want to help, let them.
3. **Pamper yourself.**

Get adequate sleep	Go to a movie
Get a massage	Take a 10-minute walk outside twice a day
Get a manicure and/or pedicure	Take a class...cooking...karate lessons...yoga
Play golf (or other activity)	
- 4 **Bring entertainment home.** Rent a movie at RedBox or stream movies by subscribing to Netflix or Amazon Prime, and then pop some popcorn...doesn't everyone eat popcorn while at the movies?
- 5 **Record your thoughts.** Get a journal and write down your thoughts. It helps to express yourself on paper...it slows the pain.
- 6 **Keep it light during treatments.** Keep the experience as pleasant as possible; it will help your spirits, too. For example, if the treatments are close to July 4th or other holiday, take some balloons with you.
- 7 **Look for humor in this journey.** Find a funny book to read; there are lots of them. This will help take your mind off the entire responsibility, which can be overwhelming. One of my favorites is **Don't Worry, Stop Sweating...Use Deodorant** by Richard Feelgood, Ph.D.
- 8 **Seek help from other caregivers.** There are many resources for you to tap into just for the asking:
 - American Cancer Society**- 1.800.227.2345 – www.cancer.org
 - Cancer Information Service** - 1.800.422.6237 – www.cancer.gov
 - Caregiver Action Network** - 1.202.454.3970 – www.caregiveraction.org
 - Top Senior Caregivers** - 1.866.293.6673 – www.topseniorcaregivers.com

Talk to your Doctor about palliative care.
- 9 **Create a list of tasks.** Write down some things people can do for you such as going to the grocery store, picking up the laundry, taking the car to be serviced. There are lots of things people can do to assist you, but you have to let them know what "it" is.
- 10 **Rid the guilt.** Give yourself permission to take time for yourself. This is the best thing you can do for your loved one. You cannot be the caregiver and advocate of your loved one if YOU are tired and stressed. Medical science has done a grand job in working with the patient, but nothing to assist the caregiver. This is SO critical for the patient's well-being.

