

The Caregiver's Journey[®]

Finally! Practical Tips and Candid Conversations
for Alzheimer's and Dementia Family Caregivers

4 Stages of the Caregiving Emotional Roller Coaster



Awakening



Awareness

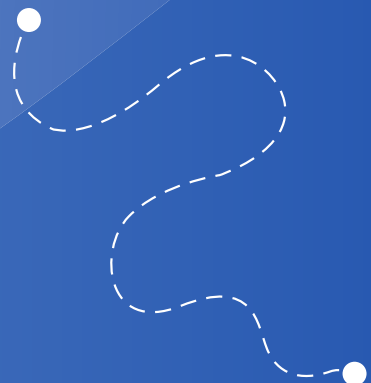


Choice



Resilience

SUE RYAN



4 Stages of the Caregiving Emotional Roller Coaster

Few of us begin our caregiving journey supported by the resilience that helps us stay positive and balanced.

Resilience is our ability to face challenges, adapt successfully, and thrive in our life. Resilience is not a trait we have from birth.

Everyone has the ability to develop resilience.

When I developed resilience, I realized I can also support my care receiver in their resilience.

Resilience involves our feelings, thoughts, emotions, and actions. These are learned, acquired, and honed through conscious decisions to observe and practice.

Resilience helps me not only bounce back, it helps me learn from my experiences, adapt, and grow so I am better prepared to manage my next experience.

Resilience allows us to access the more constructive aspects of our caregiving emotional roller coaster. We are aware of our feelings and we observe them without judging them, ourselves, or others. Because of this we process and deal with our feelings without them controlling us.

Stage 1: Awakening:

My awakening is quite emotionally charged. I am unbalanced in my experiences and not supported with positive emotions.

Stage 2: Awareness:

As I continue my journey, I begin discovering resources and learning lessons. I become aware of hope, become more accepting, begin to adapt to my journey, and have access to positive emotions.

Stage 3: Conscious Choice:

When I gain clarity, chose my perspective, and engage with communities of people who lean in with understanding and support, I begin making conscious choices.

Stage 4: Resilience:

Connecting with my purpose, and practicing massive acceptance and radical presence strengthens my resilience.

4 Stages of the Caregiving Emotional Roller Coaster



Stage 1:

Awakening

- Angry
- Confused
- Disrupted
- Frustrated
- Helpless
- Overwhelmed
- Resentful
- Uncertain
- Sad
- Self-doubt
- Self-pity
- Selfish Stuck

Rubber band: tightly twisted and stretched so far it is about to break



Stage 2:

Awareness

- Accepting
- Adapting
- Coping
- Curious
- Guilty
- Hope
- Kind-hearted
- Lost
- Relief
- Sometimes Okay
- Sometimes Sad
- Uncertain
- Uneasy

Rubber band: not as tightly twisted or as stretched



Stage 3:

Conscious Choice

- Compassionate
- Connected
- Creative
- Emotional balance
- Empathetic
- Grateful to others
- Permitted to be happy
- Perspective
- Positive
- Present
- Sometimes Sad

Rubber band: still slightly stretched and it is no longer twisted



Stage 4:

Resilience

- Calm
- Empowered
- Engaged
- Giving back
- Inspired
- Peaceful
- Purpose
- Self-love
- Sometimes Sad
- Thriving
- Well-being
- Wise

Rubber band: has returned to its original relaxed state

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