

GRANDPARENTS GROUP: PROMOTING PERSONAL WELL-BEING

For more information please contact us at: grandparents@pbfalv.org

Identify your feelings activity:

- Make a list of some feelings that you HAVE felt during the past week.
- Make a list of some feelings that you HAVE NOT felt in a while.

This activity helps you to not only name your feelings, but acknowledge them and validate them as well! We often times help others in our lives to identify their own feelings, but when was the last time you actually took the time to identify your own?

10 Keys to Happiness:

1. Spend time with a close friend
2. Deal with conflicts
3. Allow yourself to be happy
4. Live at peace with painful memories
5. Develop positive relationships
6. Talk about your pain
7. Tell yourself that you are in control
8. Be able to say “no” graciously
9. Allow yourself to be dependent
10. Focus on something other than your problems

Burnout:

Burnout is very common when you are under continuous stress. Many grandparents who are the primary caretakers report high feelings of stress. Burnout can manifest in feeling tired, drained, lacking enthusiasm, or like you are just going through the motions. Others see it as feeling unappreciated, unrecognized, or unimportant. Burnout may lead to isolation.

What are the symptoms and feelings of burnout?

- Tired -Helpless -Numbness
- Unappreciated -Inadequate
- Hopeless -Isolated
- Drained -Without Purpose
- Low energy -Negative attitude
- Low self-esteem -Sadness
- Lack of enthusiasm -Withdrawal
- Emotional exhaustion

Circle the feelings from this list that you have experienced in the past week.

Which ones did you feel the most strongly?

When do you have these feelings?

How has this impacted your life?

Busting Burnout:

- Evaluate your goals
- Identify your priorities
- Review your expectations
- Make time for spiritual growth
- Bring variety into your life
- Take care of emotional AND physical health
- Ask for what you need
- Avoid taking on unnecessary responsibilities
- Learn your limits
- Accept yourself
- Talk with others
- Find pleasurable hobbies

Health is about more than what you're eating. It's what you're thinking, saying, and believing too!



Keys to managing stress:

Sleep→ Important both physically & emotionally. Your body needs time for restoration & maintenance.

Exercise→ Both physical and psychological benefits.

Nutrition→ Bodies need proper nutrition to keep going. Try not to skip meals!

Write down or think about: What brings about stress in your life? What happens to your physical body when you get stressed? How long does it last?

Identifying stress:

Good stress→ Comes about when there is a change or large event in our lives. It can be helpful and can motivate us to increase our abilities and productivity.

Bad stress→ Not beneficial to physical or emotional well-being. Occurs when one feels overwhelmed by life events or feels unable to control their circumstances. Can negatively impact health.

Signs of stress:

- Tightness in head or chest
- Rapid heartbeat
- Knot in stomach
- Trembling hands
- Dry mouth
- Chronic boredom
- Shortness of breath
- Sleeplessness
- Sweaty hands and feet
- Numbness or weakness
- Diarrhea
- Nausea
- Dizziness
- Fatigue

NOTES FROM THE COUNSELORS:

- Don't try to transform yourself overnight.
- Start with small changes first.
- Be realistic—expect some setbacks.
- Don't be afraid to ask for help when you need it, or even before you need it!
- Allow time for yourself each and every day.

Upcoming topics:

10/26 & 11/2: Refining Parenting Skills

11/9 & 11/16: Building Relationships

11/23 & 11/30: Working with School and Community

12/7 & 12/14: Money Management and Community Resources

12/21 & 12/28: Looking to the Future

Deep Breathing Activity:

Sit comfortably and place your hand on your abdomen.

Breathe in through your nose, deeply enough that your hand on your abdomen rises.

Hold air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw.

Breathe in slowly for 4 seconds.

Hold for 4 seconds

Exhale for 6 seconds

Practice this for 3-5 minutes

Coping strategies:

- Positive self-talk
- Deep breathing
- Visualization
- Progressive muscle relaxation
- Going for a walk
- Volunteering
- Talking to a friend
- Listening to music
- Yoga or meditation
- Drawing or painting
- Sharing your feelings
- Watching a movie
- Taking time to be alone
- Taking a hot shower or bath
- Being in nature
- Cooking or baking

**Have a great week!
We hope to see you
next time!**

