# iyay, feelings! **Literany Literany Literany Literany Caregiving, shame,**



hosted by writer + wellness program coordinator **Alexander Hardy** 

# **Literary Therapy Exploration Workbook** Session 1 of 4

#1:
caregiving,
creative outlets,
joy action plans
Sunday, Dec. 12, 2021

somein

getsomejoy.com



#### Part 1: A moment for mindfulness

#### What is something you learned or accepted about yourself this week?

This week, I

List affirmations for today or this week:

What would you like to create or gain during this Literary Therapy section?



#### Mindfulness and Grounding



#### Activity 1: The best thing

What is the best thing you did last week? How did/does this achievement make you feel? Nothing is too small.



#### Activity 2: Anchors + Motivators

What keeps you going or reminds you of your power or purpose in dark or stressful times? Make a list of 3 to 5 personal goals, people, communities, or mantras that give you motivation to keep going when you need a boost or reminder.

## VISUALIZATION: A time when you felt cared for

Think of a situation or time when you felt or feel safe, considered, and/or taken care of. Who or what made you feel this way? How did/does it feel to be cared for like this?



Part 1: Grounding and reflection

### Pour into yourself:

Write three affirmations you can use to remind yourself to embrace joy, rest, support, or fun while managing community responsibilities.

Doodle or draw any images that come to mind when you think about giving or receiving care.



Literary Therapy: Caregiving, Creative Outlets, Joy Action Plans

How can we find joy and balance in caring for ourselves and others?

Part 2: Giving + receiving care

What does caregiving mean to you?

A caregiver is defined as a "person who attends to the needs of a dependent child or adult." Caregivers manage the physical, emotional, spiritual, and practical needs of another person, all while managing their own life, needs, family, and career.

### **Caregiving terms + distinctions**

**Informal (family) Caregiver**: any relative, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of assistance for, an older person or an adult with a chronic or disabling condition.

**Care Recipient**: an adult with a chronic illness or disabling condition or an older person who needs ongoing assistance with everyday tasks to function on a daily basis.

Activities of Daily Living (ADLs): everyday tasks related to personal care usually performed for oneself in the course of a normal day, including bathing, dressing, grooming, eating, walking, taking medications, and other personal care activities.

#### **Types of Caregivers**

- Primary caregiver
- Secondary caregiver
- Long distance caregiver

#### **Types of Caregiving**

- Instrumental
- Emotional
- Informational



Part 2: Giving + receiving care

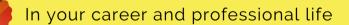
What are some ways you give and receive care?

Consider your personal, family, social, and professional relationships.

In your personal and family life



In your social and community life





Literary Therapy: Caregiving, Creative Outlets, Joy Action Plans

13-year-old Azzara on caring for her father, who lives with Parkinson's Disease

"Imagine watching a man who used to be strong and confident decay slowly into a shadow of what he once was. Imagine watching him lose the freedoms he had enjoyed all his life, one by one. Imagine watching him pain at the realization that he must become more and more dependent on the people around him. This is the reality of Parkinson's Disease, and I have watched my dad decline into a Stage 4 Diagnosis. Parkinson's Disease does not kill; it disables the patient to the point of total dependency." <u>Read the rest here</u>.

via the Caregiving Youth Project

Share any reflections below on Azzara's story of supporting her father through his health challenges. Does it bring up similar circumstances or emotions from your life?



#### Part 2: Giving + receiving care

## A classified ad

Write a job description for someone who is stepping into your caregiving role(s).

Does your position have a title? What are some of your job's duties?

What experience or abilities are required?

Any benefits?



Part 3: Joy Action Plans

What do YOU need?

What is something you need to do this week?

Are there any barriers or considerations around doing this?

Is there a timeframe attached to this?

What becomes possible once you complete this?

Who can you share these intentions with for support/accountability?



Part 3: Joy Action Plans

What do YOU want?

What is something you want to do this week?

Are there any barriers or considerations around doing this?

Is there a timeframe attached to this?

What becomes possible once you complete this?

Who can you share these intentions with for support/accountability?



How can we find joy and balance in caring for ourselves and others?

Part 3: Marinate on this

### **Gather more anchors**

Continue adding motivations and supportive dynamics to your list of Anchors and Protective Factors.

Lean into things/reasons you want to be, do, or obtain for YOU vs things you need to be/do for others.



# **Literary therapy** caregiving, shame, self-love, and recovery

a four-part workshop series exploring wellness through introspective writing

write your way to clarity.

Dec 12 - Caregiving, Creative Outlets + Joy Action Plans Dec 19 - Guilt, Shame, and Grace Jan 9 - Accountability, Supportive Rituals, and Self-Sabotage Jan 16 - Recovery, Self-Loathing, and Self-Love

> download Literary Therapy Workbooks @ getsomejoy.com/publications joy-flavored stories @ medium.com/getsomejoy