



CAREGIVERS

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# *PLANNING FOR THE HOLIDAYS:*

HASSLES, HOME FIRES,  
HUMOR, AND THE HALLELUJAH  
CHORUS

# TWO WONDERFUL PEOPLE IN MY LIFE

Kenneth R. Liggett; 1943-2008



Rosemary S. Hartter; 1924-2018





# CHRISTIAN PERSPECTIVE: BIRTH OF CHRIST

- A voice cries out: “In the wilderness prepare the way of the Lord, make straight in the desert a highway for our God. Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain. Isaiah 40:3,4
- “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.” Matthew 11:28



# CHALLENGE OF THE HOLIDAYS

- “Merry...Merry...Merry”
- Hustle and bustle
- Interruptions to daily routine
- Distractions
- Reality of life – sorrow, grief, anger, bitterness
- Dealing with the realities of COVID
- What is one or two challenges you’d like to focus on this holiday season?



# LET'S TALK ABOUT HOBBIES...

- Grandma – “He who acquires a hobby has started on a glorious adventure and contracted an incurable disease.”
- Handmade Christmas gifts
- Hobbies give you something to do while your loved one is resting or sleeping.
- What causes you joy and relaxes you at the same time?

NEBRASKA  
1867





# HOME FIRES

- ACCEPTANCE

- Acceptance doesn't mean giving in or giving up ... it means giving it all to God – hopes, sorrows, worries, anxieties, grief
- When you have done the best you can, let go. Leave the rest to the One whose love and wisdom envelops everything you do.
- Accept your humanity; you're allowed to stumble.
- Accept suffering. It can stretch your heart to make room for greater love and joy.
- Contentment doesn't mean getting all you want, but enjoying what you have. **DON'T POSTPONE JOY!**



# PILLARS OF JOY: MIND

- Perspective
- Humility
- Humor
- Acceptance



# PILLARS OF JOY: HEART

- Forgiveness
- Gratitude
- Compassion
- Generosity



# HUMOR

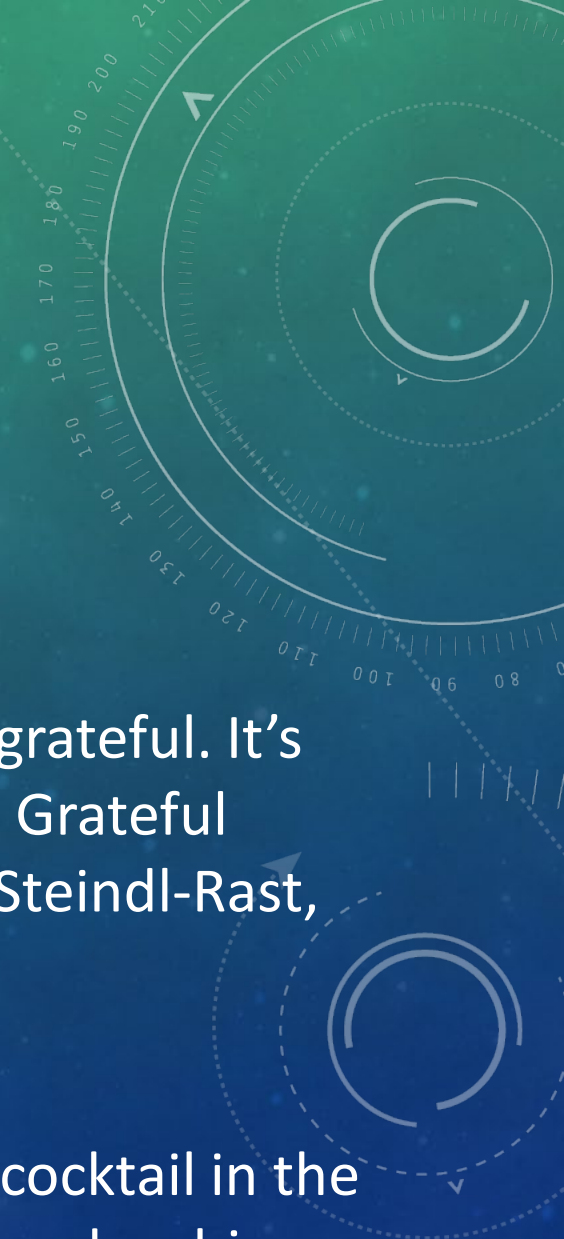
- Learn to laugh at yourself
- Read jokes and check out the comics
- Do laugh yoga
- Ask your loved one to tell and retell funny stories from their childhood





# GRATITUDE

- Start a gratitude journal
- “It’s not happiness that makes us grateful. It’s gratefulness that makes us happy. Grateful people are joyous people.” David Steindl-Rast, Benedictine Monk
- Gratitude increases the feel good cocktail in the brain – serotonin, dopamine, and endorphins



# COMPASSION

- Sense of concern that arises when confronted with another's suffering
- Motivated to do what we can to relieve the suffering
- Connects feelings of empathy with kindness, generosity and tenderness
- It is a skill that can be cultivated



# HALLELUJAH CHORUS

- [https://www.youtube.com/watch?v=wp\\_RHnQ-jgU](https://www.youtube.com/watch?v=wp_RHnQ-jgU)



# FINDING JOY IN CAREGIVING

- Remember it is a journey
  - Be kind to yourself
  - Laugh often
- Be compassionate
  - Rejoice

