

# CARING and COPING

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# Outline for workshop

- Getting to know each other
- Looking at the evidence on carers' health
- Impact of stress
- Exercise 1 and discussion : examine own coping strategies
- Stress bucket: Video, Exercise 2 and discussion
- Video: Stress relief exercise

# Safe spaces

- Safe space to share experiences
- Experiences do not have to be shared.
- If sensitive information shared, we respect confidentiality.
- Phone calls can be answered.



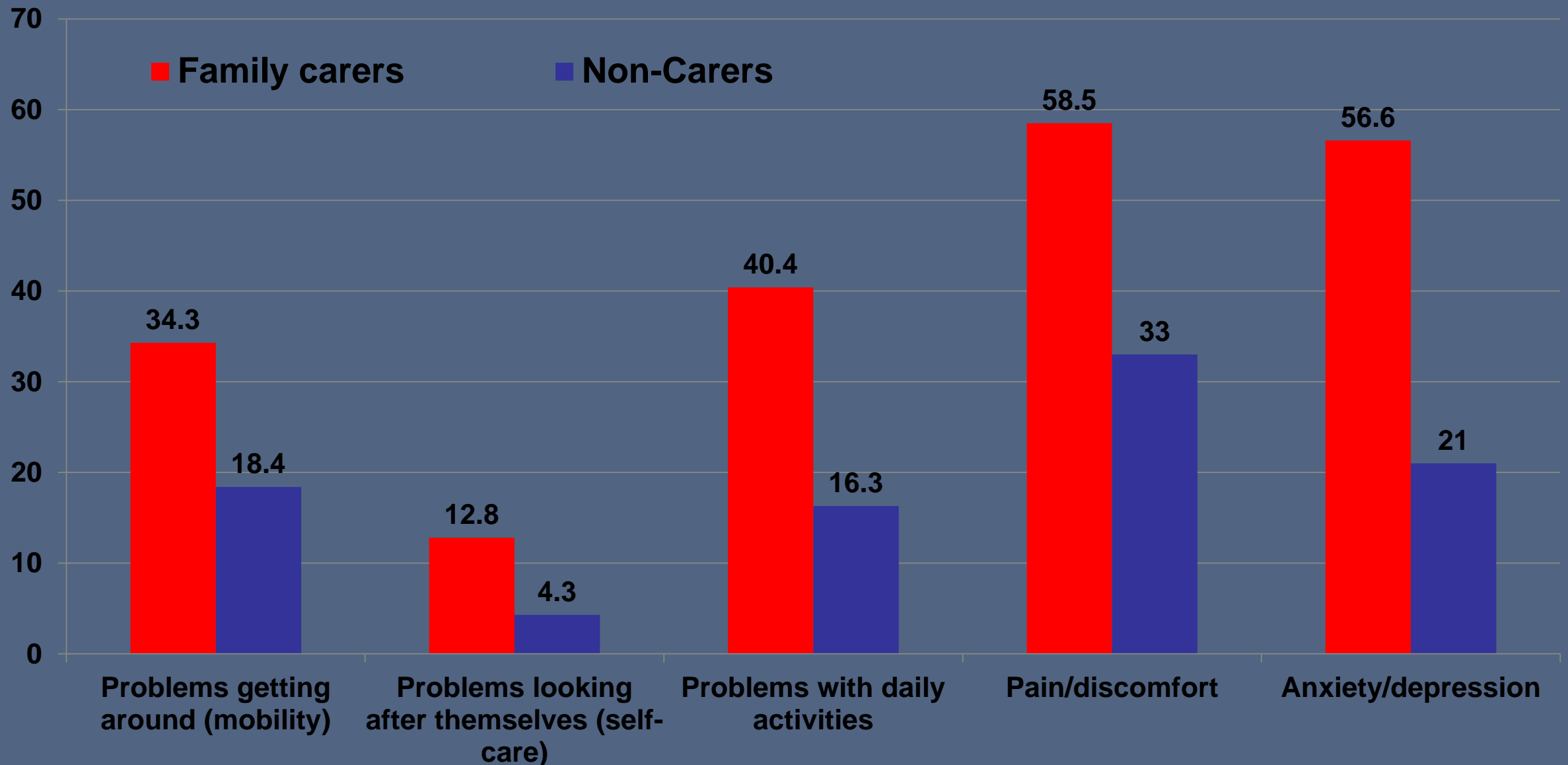
# WHO ARE YOU?



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# Family carers' wellbeing compared to general population



# SHORT TERM EFFECTS OF STRESS

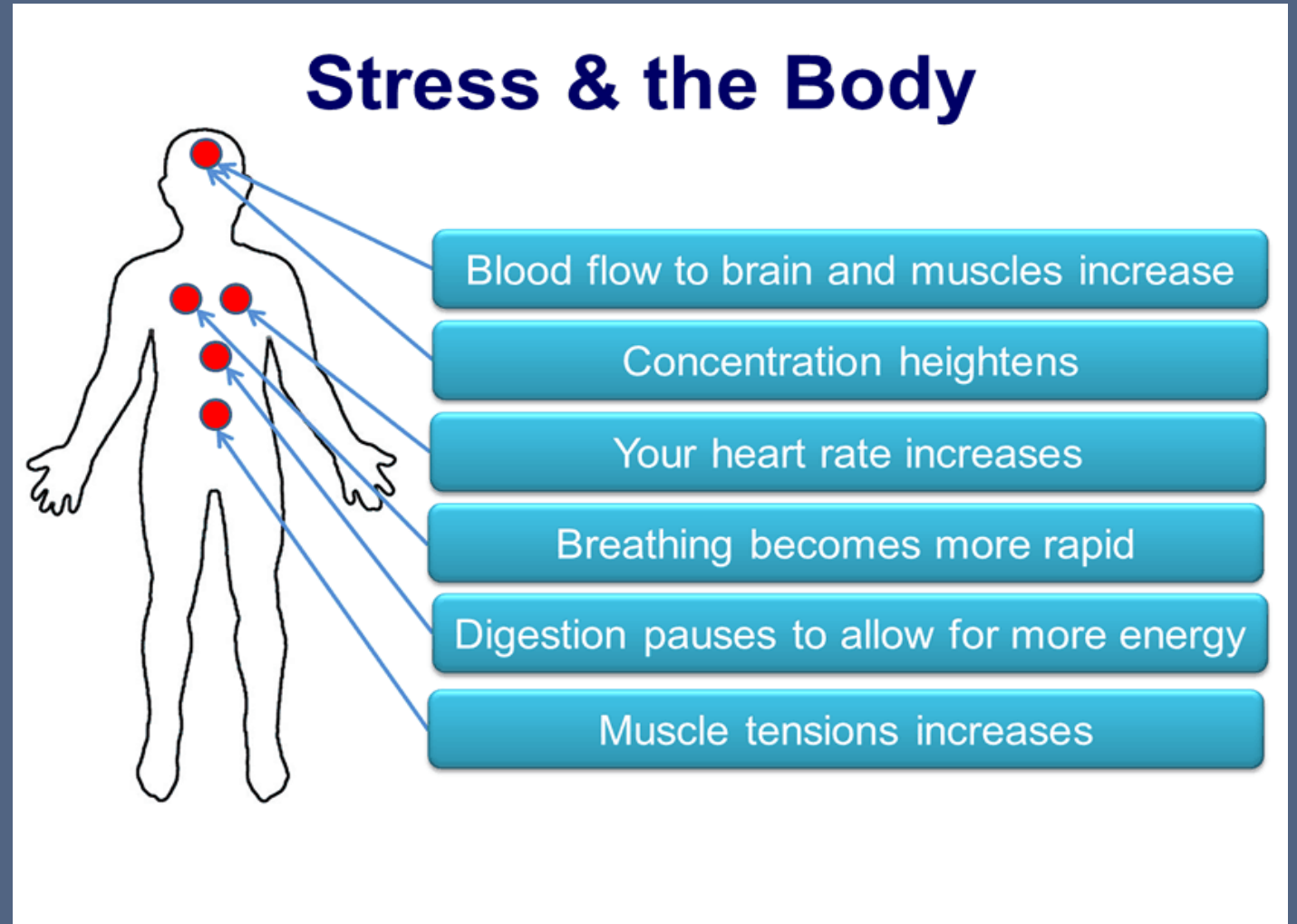
The Fight or Flight Response = adrenaline response

Motivation

Performance

Exams

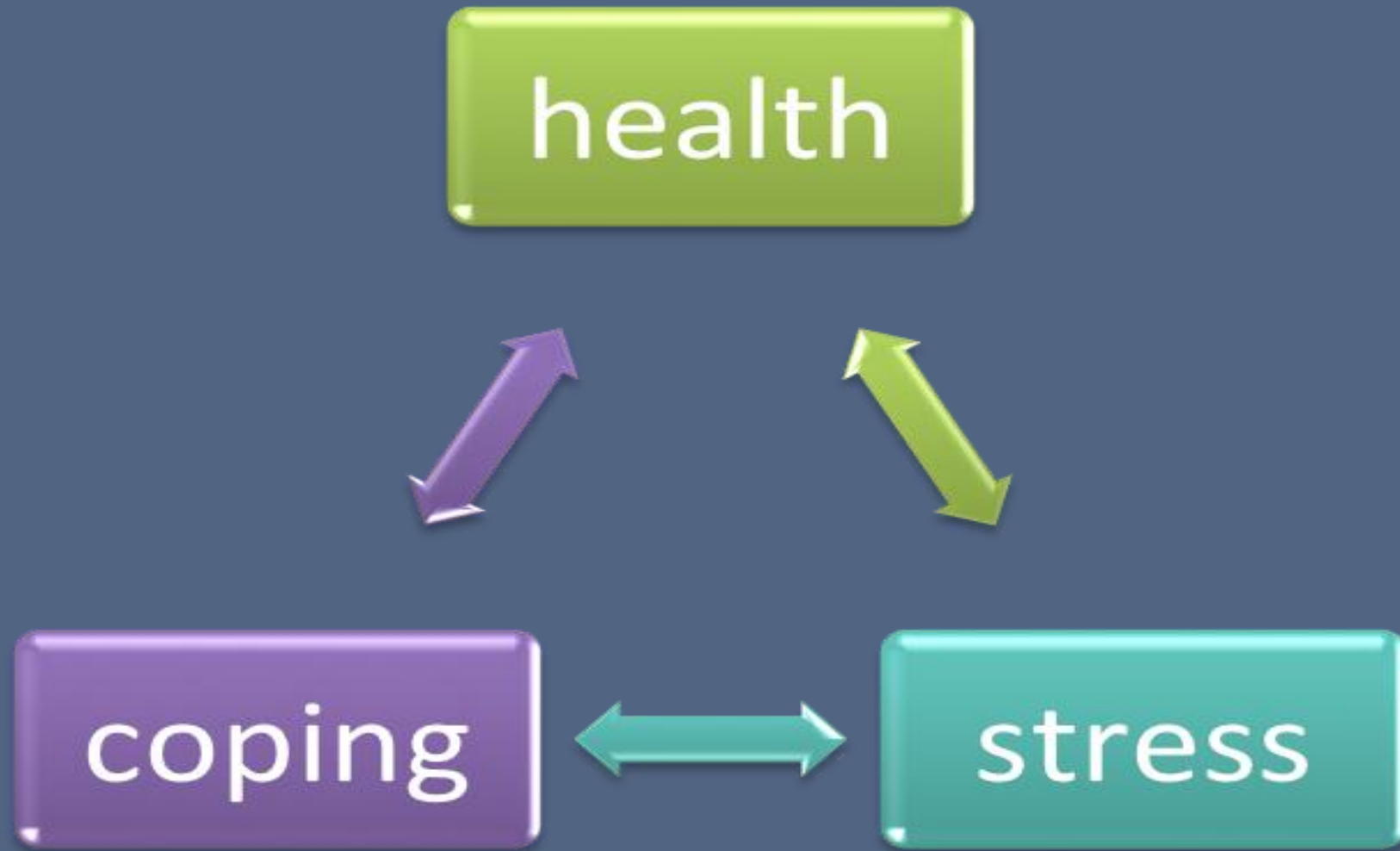
Sports



# LONGER TERM EFFECTS OF STRESS

Higher and more prolonged levels of cortisol in the bloodstream (such as those associated with chronic stress) have been shown to have negative effects, such as:

- Impaired cognitive performance
- Suppressed thyroid function
- Blood sugar imbalances such as hyperglycemia
- Decreased bone density
- Decrease in muscle tissue
- Higher blood pressure
- Lowered immunity and inflammatory responses in the body, slowed wound healing, and other health consequences
- Increased abdominal fat



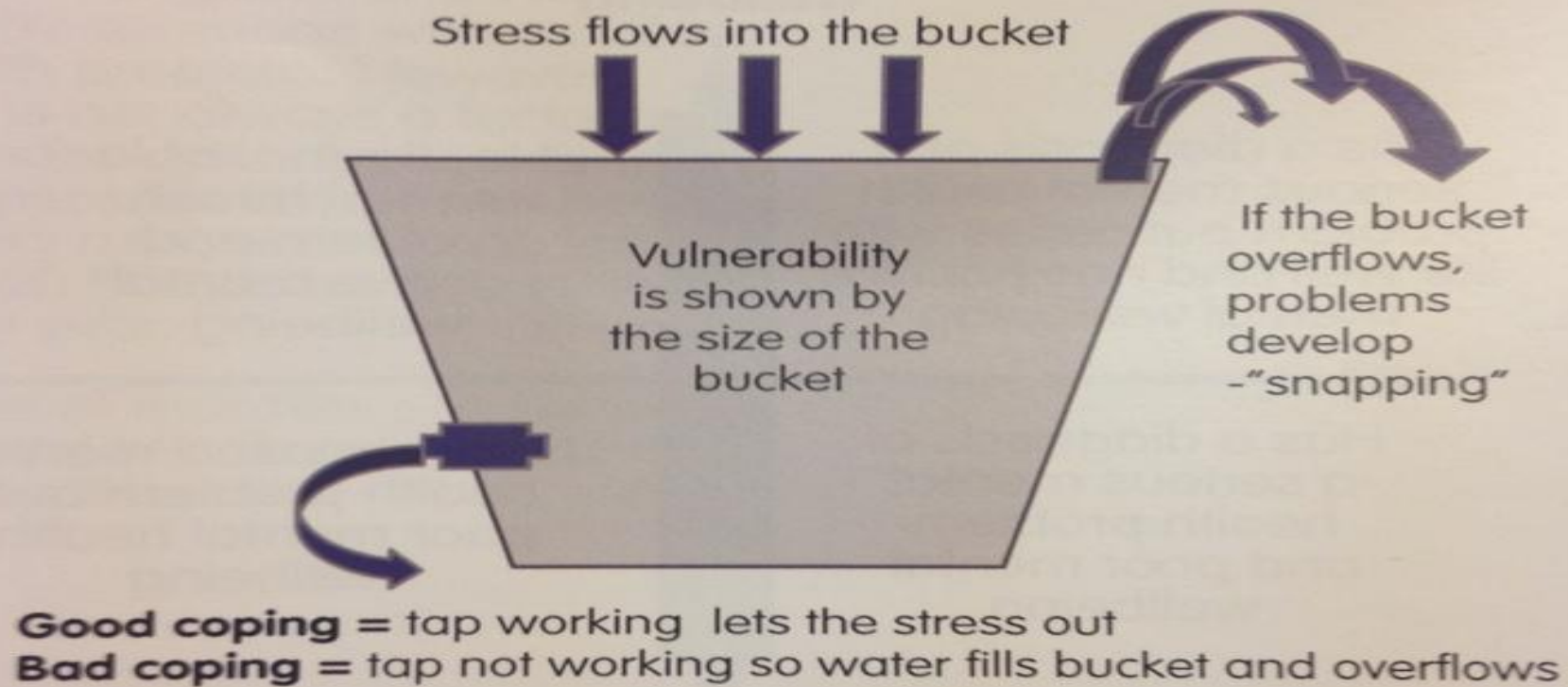


# COPING EXERCISE



## The Stress Bucket

(Source: Brabban & Turkington 2002)



<https://youtu.be/fLWXTyZE5xA>



# CARING AND COPING



Amy Simpson, Breath Believe Achieve

Two short breathing/relaxation techniques  
which you can use when, things get tough.

<https://www.youtube.com/watch?v=dPcM64cUJmc>

