

LESS STRESS, BETTER HEALTH AND MORE LOVE

SEE HOW THREE GENERATIONS CAN
HELP EACH OTHER



DR. TOM DELOUGHRY

AARP[®]
SOCIAL IMPACT AWARD

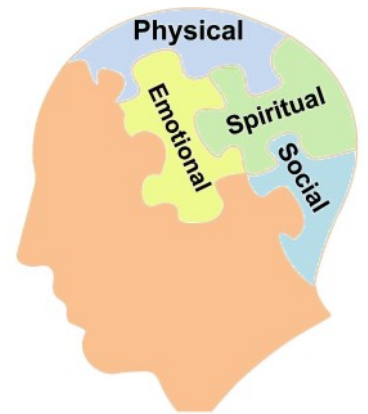
WHAT'S IMPORTANT TO YOU?

Would you like to reduce your stress? ...or even stop it for a minute, an hour or a couple of days?

...Understand how **each piece of your *Wellness Puzzle*** may be helping or harming you? ...and how to **improve the health of *each* piece?**

...**Work more closely** with the professionals, aides and volunteers who provide your **medical, emotional and/or spiritual care?**

...**Help your friends and family**—whether they are seniors, adults or teens—while getting more **support to reach *your* goals.**



EACH PIECE OF THE *WELLNESS PUZZLE* CAN HELP OR HARM THE OTHER PIECES

Those are the questions and opportunities we'll explore in this workbook, the workshops and related books at WWW.LIVINGWELLSNOW.INFO. Invite your family, friends, neighbors and co-workers to learn with you and support each other. And remember, **the best way to help someone else** is to *first* improve YOUR own health and happiness!

CHOOSE YOUR GOALS

Reflect on YOUR most important goals—and use them to motivate yourself...

Using a pencil (or colored markers and/or crayons if you prefer) plus two blank sheets of papers:

- 1) DRAW HOW YOU FEEL NOW ABOUT YOURSELF, YOUR HEALTH, THE STRESS AND/OR THE SUPPORT IN YOUR LIFE
- 2) THEN, DO A DRAWING OF HOW, IN YOUR FUTURE, YOU WANT TO FEEL ABOUT YOURSELF, YOUR HEALTH, THE STRESS AND/OR SUPPORT IN YOUR LIFE



3) WHAT SONGS, OR TYPE OF MUSIC, REMINDS YOU OF:

* HOW YOU FEEL ABOUT YOUR LIFE TODAY?

* HOW YOU WANT TO FEEL ABOUT YOUR LIFE IN THE FUTURE?

4) LOOK AT THE LIST OF GOALS ON THE NEXT PAGE:

- * Check the goals that would help you have the future you want for yourself
- * Also, check the goals that would help your loved ones to have a better future

CHOOSE YOUR GOALS ...AND RECRUIT YOUR TEAM!

Take a quick look at the following list, and check off the topics that are important to you.

| <i>Do you want to...</i> | <i>YOU</i> | FRIENDS AND FAMILY YOU CAN ENCOURAGE WRITE THEIR INITIALS HERE | | |
|--|------------|--|--|--|
| Have less stress? ...And more peace or happiness? (pp. 5-9) | | | | |
| Control illness, feel better, and live longer? (pp. 4, 15-18) | | | | |
| Have less fear, anger, guilt, depression and “stupid vision”? (pp. 5-9) | | | | |
| Forgive yourself or others? (p. 8) | | | | |
| Feel better by helping others? (p. 9) | | | | |
| Plan a “final chapter” to celebrate love and respect wishes? (pp. 10-11) | | | | |
| Stop elder abuse, sexual abuse, child abuse and bullying? (pp. 12-13) | | | | |
| Be respected? (p. 14) | | | | |
| Avoid hospitalizations and emergency room visits? (p. 14) | | | | |

Your Most Important Goals?

Take another look at the suggestions on page 2, plus the topics you’ve checked above.
Then, write down one or two goals that are the most important to you.

Who else might benefit? A neighbor? Spouse? Brother? Daughter? Teen-age grandson?

Write his or her initials after each topic.



When you recruit one of them to be on your “caring team,” try saying:
I’m going to try a new program to [describe your goal from above].

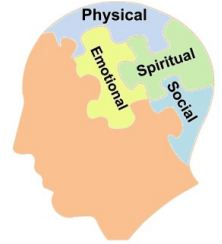
Maybe we could work on some goals together? ...and learn from each other?

THE LEARNING POEM

Choose your goals and check your signs.
Take some steps and learn each time.

CAN HELP YOU

IMPROVE EACH PART OF YOUR WELLNESS PUZZLE



“You know, I think we’ve got two issues going here,” said Bernice. “There’re the medical problems. God knows we’ve each got enough of those. And then - ever since we both got sick - there’s been all this bickering.”

She paused, meeting his eye. “Joe, we never used to be like this.”

“So then we need two plans?” Cindy said, looking hopefully at her mother. “One to keep you out of the hospital? And another to keep your love going?”

EXCERPT FROM: [YES YOU DO! IN CAREGIVER STORIES AND STRESS SOLUTIONS](#)

Choose Your Goals



LOVE · PEACE OF MIND · HEALTH
INDEPENDENCE · HAPPINESS

A Learning Poem for Any Problem

Think about your life and your future. Would it help to have a plan to enhance your physical, emotional, social and spiritual wellness?

You can help yourself or someone else to deal with any problem by following this little “learning poem.”

*Choose your goals and check your signs.
Take some steps and learn each time.*

This poem is:

- a **stress management** plan that can decrease negativity and increase the joy in your life,
- a **disease management** plan to discuss with your doctor
- A **spiritual growth** plan to discuss with your minister
- A **social wellness** plan to enhance harmony between seniors, adults and teens—as well as their friends and relatives.

For *emotional* health, “check your signs” of stress (i.e., alarm response, snooze response and threat thoughts); for *medical* issues, like diabetes, assess blood glucose; for *spiritual* health, assess the signs of peace and joy; for social wellness, track whether love and support from others is growing.

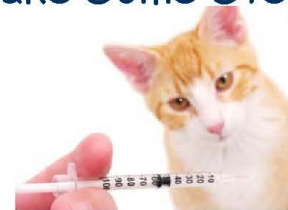
The process (goals, signs, steps, learn) **is the same for each part of the Wellness Puzzle.** The back cover illustrates how the Learning Poem and the Planning Poem can support your goals.

...and Check Your Signs.



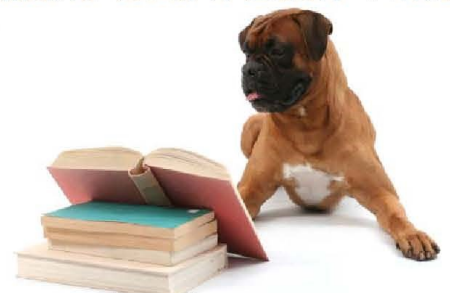
STRESS · SATISFACTION · DEPRESSION
BLOOD PRESSURE · WEIGHT · CHOLESTEROL
ABILITIES FOR ACTIVITIES · DRUG OR ALCOHOL USE

Take Some Steps



MEDICATION · THERAPY · SELF-HELP
EXERCISE · EAT WELL · GET SUPPORT
USE THE “SATISFACTION SKILLS”:
BE AWARE · AFFIRM · ASSERT · ACCEPT

...and Learn Each Time.



RE-CHECK YOUR “SIGNS” TO LEARN WHAT WORKS FOR YOU

CHECK YOUR SIGNS

You can use the “Learning Poem” to track signs (e.g., blood pressure) for any type of wellness.

If you begin by tracking your signs of stress, your “Learning Plan” (see p 15) can help you see if the *Satisfaction Skills* are helping you within a few days or weeks. For example, you might “learn” that your signs of stress happen less often, are less intense, and stop more quickly.

Typical *signs of stress* include:

- **The alarm response** (fight, flight or freeze)
 - Tight muscles, rapid heartrate, fast breathing, fear, anger
- **The snooze response**
 - Tired muscles, low energy, sighing, depression, detachment
- **“Malvision” and Threat Thoughts** (seeing just the bad, instead of the good)
 - Our feelings influence the facts we see.
 - Thus, whenever we are stressed, we’re likely to just see just the ‘bad’ about ourselves and others. *And, if you just see the bad, you’re likely to make a bad decision*, increasing your stress.
 - Of course, if you are being attacked or abused, you should do something about the threats. But most often **“malvision”** (seeing just the bad instead of the good) and **“threat thoughts”** (worrying too much about problems) does you more harm than good.



| WRITE YOUR SIGNS OF STRESS BE SPECIFIC (HOW STRONG? HOW OFTEN?) | | |
|--|--|--------------------------------------|
| Alarm Response | Snooze Response | Malvision & Threat Thoughts |
| <i>Very tight shoulders for 90 minutes</i> | <i>Very low energy + sad all afternoon</i> | <i>“I’m a jerk.” “He’s no good.”</i> |
| WRITE THE MEDICAL SIGNS (for example, blood pressure, blood glucose, breathlessness) YOUR DOCTOR WANTS YOU TO TRACK. (Enter them in the “My Learning Plan” on page 15) | | |
| | | |

Take Some Steps

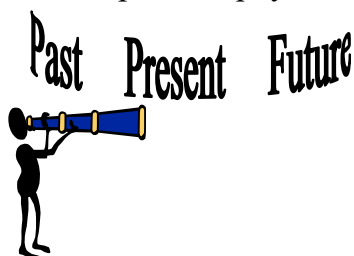
Use the Satisfaction Skills

to communicate, reduce stress and feel more love



Awareness or **mindfulness** is the choice to focus on what's most helpful, such as

- *The present moment*, instead of a troubled past or a fearful future
- *Someone else's perspective*, rather than just your point of view
- Focusing your attention on your breath or a peaceful thought
- The spiritual, physical, emotional or social aspect of a situation



Most of us *stay* stressed because our mind is “stuck” focusing on something that happened in the past, or anticipating something that might happen in the future.

Yet, our minds are like searchlights. You *can* choose to focus on the past,

Appreciations or affirmations are compliments like: “Thank you” or “Good job”

- Affirmations are positive statements or compliments like: “You’re doing well” “Thank you,” “I’m trying my best,” “I could see peace instead of this.”
- Turn your fist into an open hand by counting five things you’re grateful for.
- We don’t need to wait for a reason to feel gratitude. Any act of being grateful, or living with an attitude of gratitude, brings good to us.



Assertiveness is the skill of saying what you think, you feel and what you want. This ability is influenced by your *beliefs* about yourself.

- *Assertive statements* usually begin with “I am..”, “I want...”, “I feel...”
 - This can start a positive conversation so you understand each other
- *Aggressive statements* usually start with: “You are...”, “You should...”
 - This can start arguments where you blame each other.
- *Beliefs about yourself* may be silent or affirmations of your inner strengths that are always there, such as “I have the right to be heard; “I am loving..” “I am wise...”

Acceptance doesn’t mean giving up. Instead, acceptance, as taught in this booklet, means letting go of your anger, fear or guilt.

Both acceptance and forgiveness rely on other skills, and is a mix of:

- *Being aware* you’ve done your best (if not, try at least once more)
- *Appreciating* the efforts that others may have put into solving the situation
- Sharing or *asserting* your wants, needs, feelings and concerns with someone else



Take Some Steps

Enhance Your Spirituality

Spirituality isn't important to everyone. However, if it is to you, try using the *Satisfaction Skills* as prayer skills, calling upon your spiritual understanding and beliefs.

- *Awareness* can open your mind to the blessings, love and goodness that surrounds you now.
- *Appreciate* -- praise and thanks for the wonders of life -- are an uplifting and common form of prayer.
- *Assertiveness* can be used to prayerfully describe your needs and feelings, and call on your inner strengths like love, wisdom, imagination, faith and understanding
- *Acceptance* helps us recognize that we do not have the wisdom to predict the future or to understand God's will (e.g., as expressed in prayers like: "Thy will be done"). It helps us to trust.



Sixty Seconds of Satisfaction

Here's a quick and easy way to use the *Satisfaction Skills* whenever you're stressed.

Practice whenever you're driving, waiting on line or doing chores.

Aim for five times a day.

- Focus your **Awareness** on the sensation of taking two deep breaths
 - If you'd like, imagine you're breathing in a sense of peace, and breathing out tension
- **Appreciate** two things you are grateful for during your next two breaths
 - For example: a friend, a sunny day, music, your health . On the outbreath think, "thank you."
- **Assert** your intention to improve your life by remembering a goal (p. 2-3) for the next breaths
 - For example: "I want a life of love"; "I want less stress"; "I want to be happier"
- **Accept** Think: "It is what it is," "Your will be done" or listen to your inner wisdom for two breaths

Remember, when you're alarmed, it might take between 3 to 20, minutes for your stress hormones to diminish, so don't expect to feel "instant" acceptance.

How will you practice the skills you need to improve?

| What I'll do | How often I'll do it |
|---------------|----------------------|
| Awareness | |
| Affirmations | |
| Assertiveness | |
| Acceptance | |

Take Some Steps

Forgiveness is the “medicine” that can cure any negativity, whether it be anger, depression, guilt or stress. These feelings (as discussed on page 5) can blind you to the goodness in your life. But forgiving yourself and others can re-enchant you with the beauty in the world.

Forgiveness is a central message in most faith traditions and a key focus of psychology.

But *how* do we forgive ourselves and others?

The four *Satisfaction Skills* can infuse forgiveness into your thoughts and actions. *Start by using them to forgive yourself.*

Awareness - Rather than dwell on past mistakes and heartbreaks, use awareness to focus on the present moment. Meditation (as presented in our program) can help you to be aware of the goodness that surrounds us now, replacing angry and guilty thoughts with peace.

Appreciation - Think about the positive and the good in you, in others and in God’s creation. Or silently repeat a positive affirmation such as, “I forgive, and live in the joy of each day.” Be grateful for your gifts and blessings.

Assertiveness - Tell friends, family and God about your hopes, goals and feelings. (Try to stick with “I feel... and I want... statements, rather than saying “You are... or you should...”). Apologize and/or seek justice as necessary.

Acceptance - Forgiveness and acceptance happens after we make an effort to be aware, affirm and be assertive in our thoughts, actions and prayers.

To get better at forgiveness, you need to keep practicing it. Use the worksheet below to develop your forgiveness plan.



What’s Your Forgiveness Plan?

| <i>What I’ll do</i> | <i>How often I’ll do it</i> |
|---------------------|-----------------------------|
| Forgive myself | |
| Forgive others | |

Take Some Steps

Give and Get Support

Support is like a wonderful medicine. If you use the satisfaction skills to be *aware* of what others are feeling; express your *appreciation*; *assert* your feelings; and then *accept* others—you'll get more support. **Think of the "Satisfaction Skills" as the "Love Skills"** because using them can improve your relationships.

Social isolation, or having no support, is a greater health risk than smoking! (Smoking increases the risk of death 1.6 times, while social isolation does so by a factor of 2.0). Study after study shows that helping others can improve *your* health and happiness. The benefits seem to occur if you spend at least two to four hours per week helping others.

Even if you're unable to leave your home, **there are many ways you can volunteer** by contacting the United Way or AARP, as well as your local schools, service organizations or faith communities.

You can discover your purpose by reflecting on what has kindled your passion, captivated your attention, and makes you feel most alive. Listen to the still small voice within to learn, discover and grow.

Keep track of the peacefulness and satisfaction in your life, and see if helping others helps you.

Finding More Love



Take Some Steps

End of Life, the Law and New Beginnings

"Remember how we always said we'd go together?" I could hardly speak because my chin was trembling. "If you die, I'll miss you so much!"

I knew it was the exact wrong thing to say. I should be brave and say Bernice should go to God or whatever. But I didn't want her with God, I wanted her with me! ...I wanted her with ME!!!

from: "Waiting for Spring (part 1)" in [Caregiver Stories and Stress Solutions](#)

Dying Well depends on emotional, spiritual and legal choices

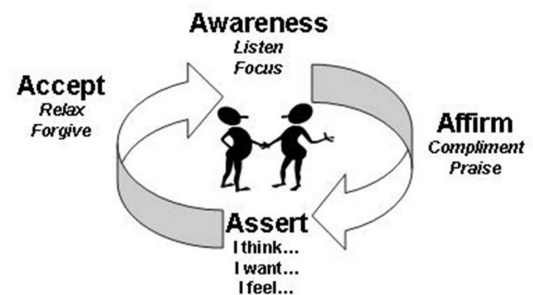
The final days can be a time of great peace -- even a celebration of a life well lived. But for some, like Joe in the above story, it is a time of panic and despair.

Communication and forgiveness can lead to new beginnings

It's normal to avoid thinking or talking about death. But the denial of death can make a bad situation worse. It can even cause years of regret, because love depends on good communication with friends, familyand God.

The *Satisfaction Skills* (shown at right) can help. They offer a path to better communication, deeper prayer and greater forgiveness to open you to the love that surrounds you.

New beginnings with friends, family and God can be sparked by better communication and forgiveness.



Understanding Challenges and Tragedies

You can gain a new understanding of life's challenges, including the need to accept, forgive and love, by considering:

- Sacred writings or other wisdom
- The traditions of your family and your faith
- The experience of your own life
- What your logic and reason tell you

Share your thoughts, questions, doubts, stories and understandings with family, friends, a counselor or a minister.

Will Your Wishes Be Respected?

Advance directives are instructions for your future health care, if you ever can't speak for yourself.

For example, in the story on the opposite page, could Bernice count on Joe to follow her wishes?...if she decided she didn't want intensive care treatment and was ready to die?

He certainly loves her ...but, what about his own neediness? Would he be the best health care proxy (i.e., someone legally designated to speak for Bernice, if she were unable to speak for herself?)

These legal forms (which don't require an attorney) can assure that your wishes will be respected:

- A *Health Care Proxy* form, which all adults should have
- A *MOLST* form for those who are critically ill

Health Care Proxy --This form, sometimes referred to as a “durable power of attorney for health care” allows you to pick someone to speak for you about medical decisions when you are no longer able to do so for yourself.

The image shows two overlapping legal forms. The top form is a 'Health Care Proxy' form, which includes a section for appointing an agent and an optional section for an alternate agent. The bottom form is a 'MOLST' (Medical Orders for Life-Sustaining Treatment) form, which includes sections for 'Medical Orders for Life-Sustaining Treatment' and 'Resuscitation Instructions'. The MOLST form has a header that says 'SEND FORM WITH PATIENT/RESIDENT WHENEVER TRANSFERRED OR DISCHARGED' and a section for 'Resuscitation Instructions (ONLY for Patients in Cardiopulmonary Arrest)'. The MOLST form also has a section for 'Medical Orders for Life-Sustaining Treatment' and a section for 'Resuscitation Instructions'.

In most states, including New York, it can be completed without an attorney.

For more information about these four steps (illustrated by the story of a woman whose mother died from Alzheimer's Disease,) please watch the *End of Life Planning* video. You'll find on our website at www.CaringTeams.org (click on “Health and Happiness” and then “End of Life”).

Medical Orders for Life Sustaining Treatment (MOLST)

MOLST is recommended for individuals who want to avoid or receive any or all life-sustaining treatment; people who reside in a long-term care facility or receive long-term care services; or anyone who might die within the next year. It contains valid medical orders that must be followed by all health care professionals. MOLST is not intended to replace traditional advance directives like the Health Care Proxy and Living Will.

For additional information and videos about MOLST, advance care planning and other end-of-life issues, please visit: www.CompassionAndSupport.org or www.SharingYourWishes.net

Take Some Steps

Stop Abuse and Bullying

Alice was halfway through a bowl of ice cream when her daughter burst through the backdoor.

Earlier that evening, Emma has spent extra time getting ready for a date with a new guy.

But in the glare of the kitchen light, her eyes brimmed with tears and mascara stained her cheek. Her blouse stretched awkwardly from a button fastened to the wrong hole.

Startled at seeing her mother, she turned away and got a drink from the sink.

“What are you doing up so late?” Emma asked, staring out the dark window.

“I was hungry,” Alice replied. “What’s wrong, honey?”

“Nothing I can’t handle,” she said. “Goodnight, Mom,” her voice faltering as she rushed up to her room.

Alice climbed the stairs through waves of fear and anger. What could she do without making a bad situation worse?

EXCERPT FROM: “I DON’T WANT TO TALK ABOUT IT” IN *THE FRIENDSHIP TRILOGY: THE EPIDEMICS*

ABUSE THRIVES ON FEAR AND SILENCE

Abuse has many forms. Maybe it’s a date rape, like in this story. Perhaps it’s violence or neglect. Maybe it’s bullying at home, work or school.

Or it might be a senior who’s being cheated financially, or a child who is suffering from sexual abuse or bullying .

Anyone can be affected but women, children and the elderly are especially vulnerable.

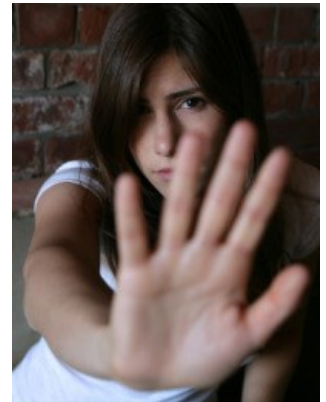
Abuse thrives when someone is silent - or doesn’t seek help.

You Can Help

Although every incident is different, the following steps can help you to address any type of abuse - and eliminate it in your life.

- **Support victims and don’t blame them**
 - Express your concerns and listen.
- **Speak up**
 - The silence of victims, neighbors and/or loved ones permits abuse to continue. Victims have a right to justice and a fear-free life.
- **Get Help**
 - Use these resources as a starting point to help yourself, and those you care about. **Severe abuse or bullying can lead to suicide, especially among teens, so don’t hesitate to get help.**

Abuse can have a medical, emotional, social and spiritual impact - and legal resources may be required. Thus, follow the *Planning Poem* on page 18 to make sure you get ALL the help you need.



Use the Satisfaction Skills to hasten the healing process

- Be *aware* of the warning signs of abuse (e.g., unexplained injuries; changes in appetite, behavior, grades, performance, sick days, grades, socializing or sleep)
- *Affirm* the strengths of the victim. Remember, abuse is never the victims' fault, so don't blame.
- *Assert* your feelings (e.g., concern, worry, anger, fear) **Be assertive about the right of the victim for justice and a fear-free life.**
- Healing usually requires *acceptance* or forgiveness. But, **forgiving a past abuse does not mean that justice is ignored, or that abuse is ever acceptable again.**

Help Abuse Victims with ALL their needs

Abuse doesn't harm just one dimension of your well being. Any piece of the Wellness Puzzle might help or hurt the healing process. So you may need a separate plan for each of your needs.

Call you local **United Way 211 number** to learn about local resources that can help.



HELP IS AVAILABLE!

Call 911 if you are in immediate danger.

Child Abuse:

- Learn about prevention, identification and state-specific resources at www.ChildWelfare.gov
- National Child Abuse Hotline 1 800-4-A-CHILD (1-800-422-4453)
- Call the **National Domestic Violence Hotline** at 1-800-799-SAFE (7233)
- Visit "Violence Against Women" at www.womenshealth.gov/violence

Elder Abuse:

- Visit the National Center on Elder Abuse at www.ncea.aoa.gov
- Call the Eldercare Locator at 1-800-677-1116

Sexual Abuse and Rape:

- Call the National Sexual Assault Hotline at 800-656-HOPE (4673)
- Visit the Rape, Abuse & Incest National Network at www.RAINN.org

Bullying:

- Call 211 for local resources and visit www.StopBullying.gov for more information.



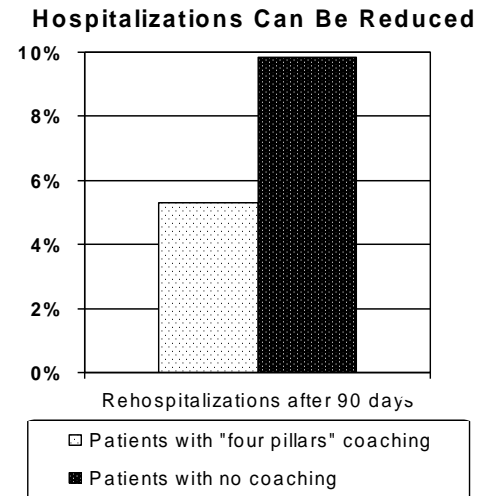
Take Some Steps

Connect Your Care To Reduce Hospitalizations!

If you receive care from more than one doctor, each doctor probably doesn't have enough information to prescribe the proper medicines and provide good quality care. Thus, mistakes are common.

Who is the best person to inform your doctors and connect your care?
You!

You can reduce hospitalizations by nearly half if you take a more active role in your care, according to a "Transitions of Care" study* in which patients, who had just been discharged from the hospital, were coached in *four pillars of care* (as shown in the graphic). Although this study was done with seniors, **the results also apply to children, teens and adults** who have been hospitalized.



Do you..

- Bring a list of all current medications (or your pills) to each doctor visit? YES NO
- Bring your health record with you each time you see a new doctor? YES NO
- Follow-up with your doctor after hospitalizations? YES NO
- Know your "red flags" (when to call your doctor) YES NO

If you answered "yes" to each of the above questions, you reduce your risk of rehospitalization by nearly 50%

*from: Coleman, EA et al. "The Care Transitions Intervention: Results of a Randomized Control Trial" Archives of Internal Medicine 2006; 166, 1822-8

Be Respected by Being Respectful

"Hello?" he called from his hospital bed. Softly so he wouldn't wake his roommate.

Footsteps squeaked in the hall and he called again. The aide hesitated in the door, then approached, looking like she hadn't slept for two nights.

"I need some help," he said, looking down at his sheets, damp and stained.

He had a hard time understanding her accent. But her smile told him she would help, and he said, "You're very kind."

EXCERPT FROM: "TRAPPED" IN CAREGIVER STORIES AND STRESS SOLUTIONS

In the story above, Joe is aware the aide is tired. He asserts his need for help, and then affirms her kindness.

Instead, what might have happened if he had ignored her exhaustion and said, "What took you so long?"

Using the *Satisfaction Skills* (p. 6-9) to communicate with your caring team (e.g., aides, professionals caregivers) will improve the care you get from them. Your affirmations will also encourage them to perform at their best. If you want respect, be respectful.



... AND LEARN EACH TIME

Use this example to create your “Learning Plan” on any piece of paper.

Share it with the professionals, friends, family, aides and others on your caring team.

Discover what works best to improve your health and happiness.

MAKE A PLAN FOR EACH SIGN YOU TRACK. KEEP RE-CHECKING TO LEARN WHAT WORKS.

My Learning Plan

Remember goals and check your signs. Take some steps and learn each time.



What are your most important goals? (see p. 2-3)

EXAMPLE: I want to be well enough to dance at my granddaughter's wedding

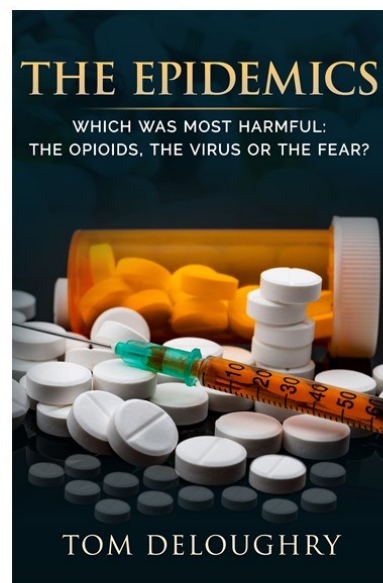
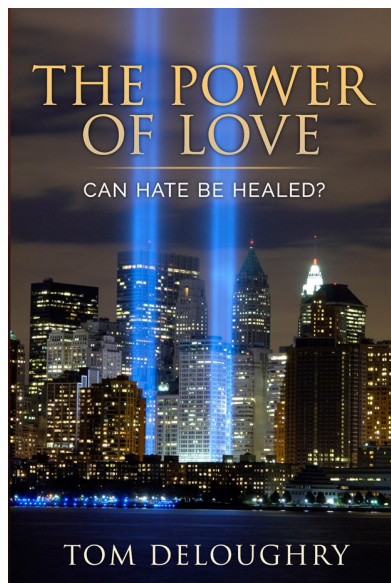
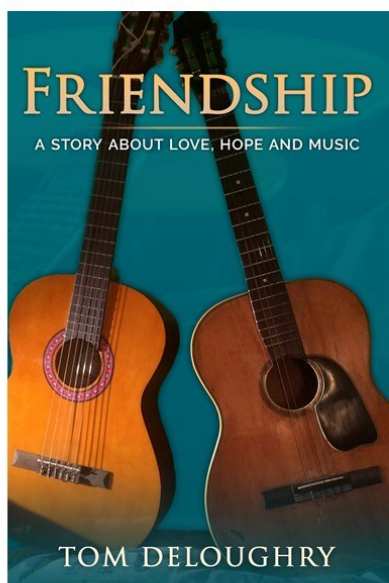
| <p>Track Your Signs WHAT DO YOU WANT TO IMPROVE? (see P 5) EXAMPLES: 10/16 - Headaches and alarm response every day last week - Frequent "stupidvision" (p 5) thoughts about myself and C. D.</p> | <p>Take Some Steps WHAT STEPS DID YOU TAKE? (P. 6-14) 10/16-22 Practiced "60 Seconds of Satisfaction" (p. 7) five times most days during TV commercials or doing chores, plus a few times when I was really stressed</p> | <p>...And Learn Each Time WHAT HELPED? WHAT DIDN'T? WHY? 10/23 fewer headaches this week. Fewer "stupidvision" thoughts about myself but still feel much negativity toward C.D. Maybe keep using the "60 Seconds" exercise, and try more assertiveness with C.D?</p> |
|---|--|--|
| <p>10/16 - Blood pressure was very high most of last week</p> | <p>10/16-22 Started new medication on 10/16 Used the Satisfaction Skills (p 6-9) as noted above Walked to mailbox Mon—Wed. Walked to mailbox twice Thurs—Sat.</p> | <p>Mon. AM 175/130 PM missed Tues. AM 160/120 PM 155/110 Wed. AM missed PM 190/115 Thurs. AM 145/90 PM missed Fri. AM 135/85 PM 140/95 Sat. AM missed PM 135/85 If BP stays low, talk to doctor about stopping meds? Use just exercise & Satisfaction Skills?</p> |
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OTHER BOOKS BY TOM DELOUGHRY

The Friendship Trilogy

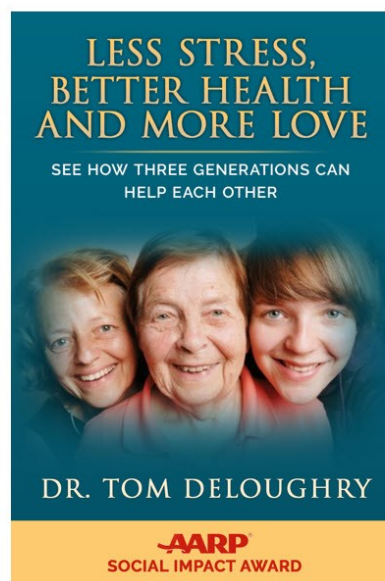
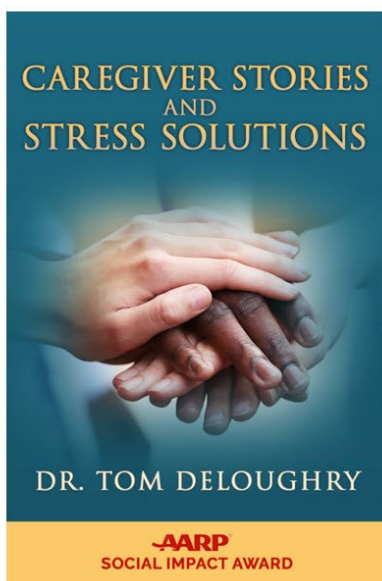
TO LEARN MORE VISIT: WWW.LIVINGWELLNOW.INFO

Four musicians who meet in the Sixties are stunned by terrorism, then struggle with the epidemics.



Can music and mindfulness help them to stop the fear and find love?

The Friendship Trilogy was inspired by two earlier books, honored by AARP's Social Impact Award as "a simple mind-body-spirit program for seniors, adults and teens of any faith, or no faith."



True stories about caregiving that empower three generations.

Tom DeLoughry, EdD.

My interest in the connection between the mind, body and Spirit grew from my career in counseling, health care and spiritual care. I directed drug abuse and adolescent services in Child Psychiatry at Buffalo Children's Hospital; and then wellness and disease management for Independent Health, a large managed care organization. I also served as a clinical instructor of Psychiatry; an adjunct Assistant Professor of Public Health and as a research Assistant Professor of Family Medicine at the University of Buffalo where I received a masters in counseling and a doctorate (Ed.D.) in health education and behavior in the School of Public Health.

As my mother was dying, I was shocked that my knowledge of psychology and medicine wasn't enough to be truly helpful. So, I took a three year sabbatical to direct a Franciscan retreat center, where I was encouraged to spend half my time developing a program that would integrate spirituality into mental health and health care without stepping on anyone's theological toes. For advice, I convened consortium of caregivers, volunteers, social workers, counselors, physicians and ministers of many faiths. The *Never Too Old* program we created was published as *Spirituality and Eldercare*, a chapter in *Spiritual Dimensions of Nursing*, a Templeton Press textbook, edited by Harold Koenig and Verna Carson. And it was honored with *AARP'S Social Impact Award* as "a simple mind-body-Spirit program for seniors, adults and teens of any faith, or no faith."

Much of my life and my work has been influenced by music and by my wife, Kathy. For nearly forty years we played music in a group similar to the Trilogy's *Friendship*; and Kathy—an educator, yoga instructor and stress management trainer—has been instrumental in creating and presenting all of my programs.

I am a Christian whose spirituality has been enhanced by Buddhism and other Eastern faiths, and currently serves as a Prayer Chaplain for Unity of Buffalo.



To learn more, please visit: WWW.LIVINGWELLNOW.INFO OR WWW.UNITYBUFFALO.ORG

UNITY OF BUFFALO

Unity is a positive, practical, progressive approach to Christianity based on the teachings of Jesus and the power of prayer. Unity teaches that there is one Power and one Presence, but many paths to knowing that Presence.

“Part of what makes Unity special,” says Rev. Mary Masters, Senior Minister at Unity of Buffalo, “is that our core values include full *inclusion* of everyone, regardless of their gender, sexual orientation or race; as well as *respect for the wisdom of all faith traditions*.”

To learn more about Unity you may wish to read:

LIFE IS FOR LOVING by Eric Butterworth

DISCOVER THE HEALING POWER OF LOVE

DIVINE AUDACITY: DARE TO BE THE LIGHT OF THE World by Linda Martella-Whitsett

HOW TO BE SPIRITUAL WITHOUT BEING RELIGIOUS, AND REALIZING OUR ONENESS WITH GOD.

NOTES and JOURNALING

Use these pages to take notes. *or* begin a journal that reflects on your Learning Plan

*Remember goals and check your signs.
Take some steps and learn each time.*



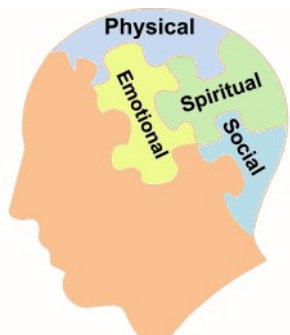
Include:

- * Your thoughts about the two drawings (your “now” and your “**future goals**”) you did on page 2.
 - * Any other **goals** that are important to you
 - * The **steps** (e.g., mindfulness, exercise, medications) that you’ve taken;
 - * Your **signs** of struggle or success (e.g., joy, energy, blood pressure level)
- ,,,and what you’ve **learned!**

NOTES and JOURNALING

The Planning and Learning Poems

Use this *planning poem* to make sure you consider everything that might help.
Start solving your puzzle. Get help when you can.
Use four ways to stop stress And learn from your plan.



START SOLVING YOUR PUZZLE

Any piece of the wellness puzzle can help or harm the other pieces.

Which pieces of the Wellness Puzzle are most important for you?
and for your loved one?
 Don't focus on one just one piece, and ignore the others.

GET HELP WHEN YOU CAN

2-1-1 is a national phone service offered by the United Way. It connects you to an information specialist who can link you to the community services (e.g., financial, emotional, medical, addiction prevention and other help) for seniors, adults or children

The Eldercare Locator (www.Eldercare.gov - 1-800-677-1116) connects you with resources and assistance whether you're caring for a senior, an adult or a child

AARP offers a wide range of services including:

- * Caregiving information www.AARP.org/caregiving
- * Volunteer opportunities www.AARP.org/volunteer
- * Staying Sharp & brain health <https://stayingsharp.aarp.org/>

USE FOUR WAYS TO STOP STRESS

Use the *Satisfaction Skills* to help you:

- improve communication between you and your caring team
- Stop your stress (if only for a minute) by using *Sixty Seconds of Satisfaction* (p. 7)
- Understand and respect people who are different from you (p 14)
- And to pray (p. 7)

THEN LEARN FROM YOUR PLAN

Use the *Learning Poem* (p. 4) to collaborate with professionals family, friends, and/or caregivers. Then learn from this process.


- **Remember your goals** (for each piece of the Wellness Puzzle)
- **and check your signs.** (e.g, blood pressure, depression)
- **Take some steps** (e.g., exercise, medications, volunteering, music)
- **and learn each time.** (Tell you doctor what worked, and what didn't)

Bring someone with you to each medical appointment. Share your record and questions with the doctor, and write down instructions.

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| My Learning Plan | | |
|--|---|--|
| Remember goals and check your signs. Take some steps and learn each time. | | |
|  What are your most important goals? (see p. 33) EXAMPLE: I want to be well enough to dance at my granddaughter's wedding | | |
| Track Your Signs WHAT DO YOU WANT TO IMPROVE? (see p. 5) EXAMPLES: 10/16 - Headaches and alarm response every day last week - Frequent "stop/desist" (p. 5) | Take Some Steps WHAT STEPS DID YOU TAKE? (p. 6-14) 10/16-22 Practiced "60 Seconds of Satisfaction" (p. 7) Five times most days during TV commercials or doing chores, plus a few times when I was really stressed | ...And Learn Each Time WHAT HELPED? WHAT DIDN'T? WHY? 10/23 Fewer headaches this week. Fewer "stop/desist" thoughts about myself but still feel much negativity toward C.D. Maybe keep using the "60 Seconds" exercise, and try |