



***Taking Care of Yourself:
Refill Your Cup***

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Objectives

1. Simple realistic self-care strategies



2. Stay healthy, energized, balanced



Photo Credit:
Tom Hussey

IT'S WEIRD
BEING THE
SAME AGE
AS OLD
PEOPLE

Key Points

- Longevity
- Language
- Marketing

THE LONGEVITY ECONOMY



UNLOCKING THE WORLD'S
FASTEST-GROWING,
MOST MISUNDERSTOOD MARKET

JOSEPH F. COUGHLIN

FOUNDER AND DIRECTOR OF THE MIT AGELAB



\$191
Billion to

\$421
Billion by
2030





help!
I've fallen
and I





University of Nebraska
Medical Center™



Top
Chronic
Disease
(Dis-Ease)

\$4.1
Trillion



Cancer



Heart Disease/Stroke



Type II Diabetes

Loneliness



Social Isolation is now reaching epidemic levels according to DHHS, Harvard University and National Instituted of Health.



43% of people over 45 saying they're lonely



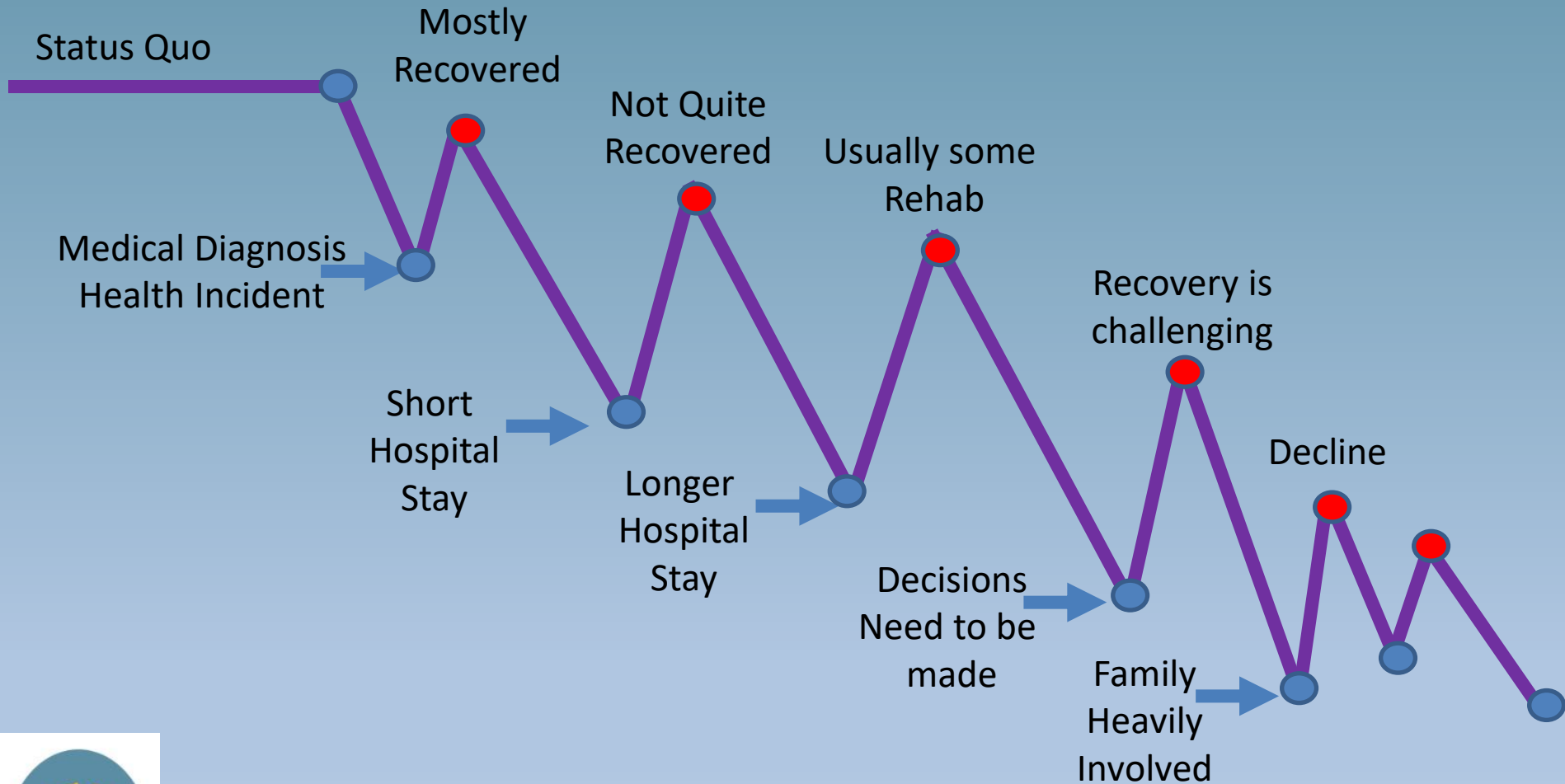
Equivalent of having 6 alcoholic beverages daily



Or 15 cigarettes a day



Family Caregiver Outline



How do we prevent chronic illness?

- Nutrition
- Exercise
- Avoid too much alcohol
- Get screened
- Get Enough Sleep
- Know Your Family History
- Make Healthy Choices in Work, School, Community





Expectations



Reality



The 5 Phases of Caregiving

A Journey of Awareness, Action & Acceptance

Every caregiving journey looks different. These phases are not always linear, but they help us understand what we're experiencing and what's next.



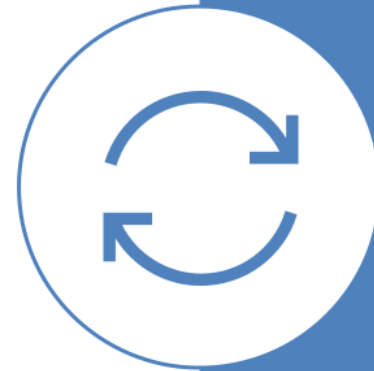


Mind Full, or Mindful?



mind·ful·ness
/'mīn(d)f(ə)lnəs/
Noun: mindfulness

1. The quality or state of being conscious or aware of something.
2. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.



How can Mindfulness help you?

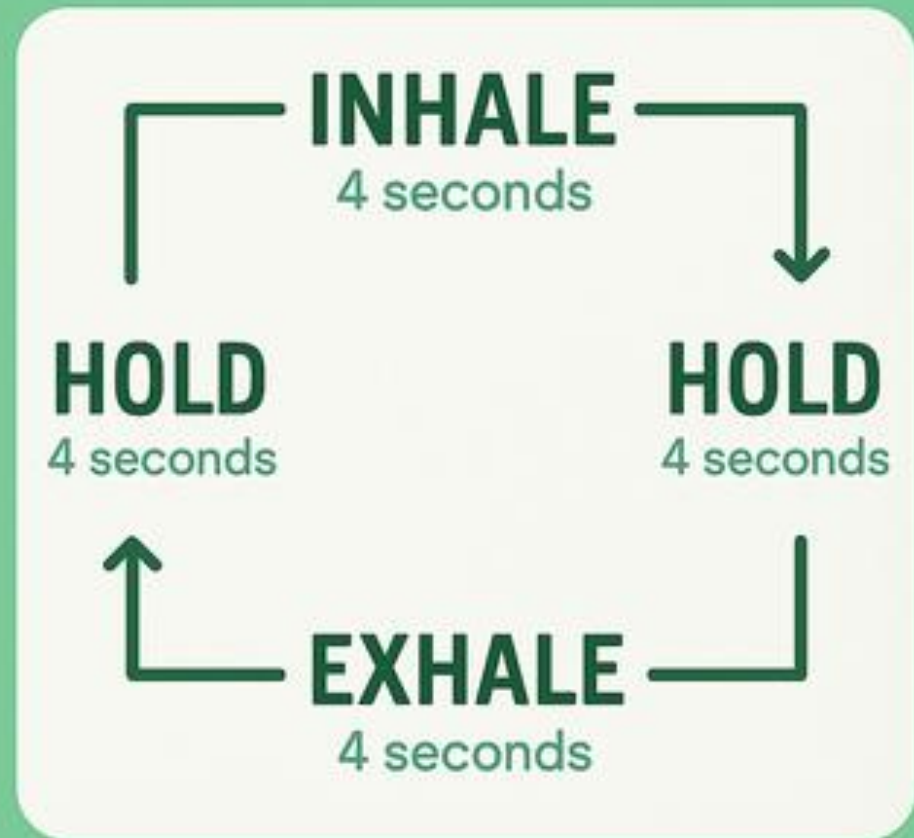
- Regulate emotions
- Less reactive
- Decrease rumination
- Increase working memory
- Greater attention to tasks
- Awareness/Reduce caloric intake



4 x 4
or Square
Breathing

Navy Seals
use it
and you
can too

BOX BREATHING





The C.A.R.I.N.G. Framework

A Guide for Family Caregivers

C

Calm

Create a grounded, regulated presence

01

A

Assess

Understand the full caregiving situation

02

R

Resources

Identify tools, support, and community

03

I

Intentions

Clarify your values and caregiving goals

04

N

Navigate

Move through decisions with confidence

05

G

Grounding

Return to steadiness, again and again

06



A dark blue, textured, cloud-like shape with splatters on a white background. The shape is irregular and has a rough, painterly edge. It is centered on the page. The word "Gratitude" is written in white, sans-serif font in the center of the blue shape.

Gratitude

👋 Say hello to all y'all's
grandmas in the 1970's;





Give feedback to Michele

Scan this QR code



Or go to

<https://talk.ac/michelemagner>

and enter this code when prompted

GRATITUDE

Resources

Longevity Economy Slide:

The Longevity Economy by Joseph Coughlin, November 7, 2017 <https://a.co/d/gl2oX3r>

National Health Institute <https://newsinhealth.nih.gov/2016/06/can-you-lengthen-your-life>

Engage Wellness: <https://www.unmc.edu/engage/>

Social Security Administration:

<https://www.ssa.gov/history/briefhistory3.html#:~:text=The%20Social%20Security%20Act%20was,a%20continuing%20income%20after%20retirement.>

James N. Donald, Paul W.B. Atkins, Philip D. Parker, Alison M. Christie, Richard M. Ryan, **Daily stress and the benefits of mindfulness: Examining the daily and longitudinal relations between present-moment awareness and stress responses**, Journal of Research in Personality, Volume 65, 2016, Pages 30-37, ISSN 0092-6566, <https://doi.org/10.1016/j.jrp.2016.09.002>.
(<https://www.sciencedirect.com/science/article/pii/S0092656616301118>)

Zhang, X., Ren, H., Wang, C., Zhang, Y., Zhou, Q., & Fan, J. (2024, January 30). The effect of mindfulness-based interventions on mental health outcomes and wellbeing of informal caregivers of people with mental illness: A systematic review and meta-analysis. Wiley Online Library.
<https://doi.org/10.1111/inm.13295>