

**Caregivers, Coping Skills & Intergenerational Resilience\***

Developed by Usha R. Balakrishnan, CARTHA Founder & CEO



1. To give voice to informal caregivers whose perspectives and experiences are crucial to understanding the complete context within which pain and suffering are managed in our society, culture, and households.
2. To highlight the need for informal community networks that can complement the work of formal medical and public health infrastructure in resolving challenges such as loneliness, grief, and loss.
3. To help recognize the timely partners and resources which may (or may not) be available to support informal caregivers.
4. To discuss and plan relevant action steps to support informal caregivers in our community so that these caregivers and their families can maintain and build good health and resilience over the short and/or long term.
5. To gather caregiver narratives which can offer insights into the daily struggles, challenges, as well as simple joys, humor, and irritations involving short-term or longer-term caregiving roles.

\*Notes on Resilience Shared by Dr. Rahul Rastogi, Director, Pain Management Center, University of Iowa Hospitals & Clinics

**RESILIENCE:** Dynamic ability to adapt and recover from adversity. i.e. “Bounce Back”. It is a ‘problem-solving skill set’ comprises of a process as well as outcome.

1. Acknowledge & name adversity
2. Acceptance – avoid resistance to natural flow
3. Mindfulness – Focus on present, focus on what you have (not what you don’t)
4. Believe in Impermanence – every instance is dynamic, continuously changing
5. Reframe thoughts – Find the meaning in context of personal growth
6. Set realistic expectations
7. Focus on what you can control,
8. Invest in a strong support system/ social connection
9. Self-compassion- give a leverage to self
10. Engage in healthy coping mechanisms –
  - Self-Care i.e. Sleep, exercises, nutrition, etc.
  - Nurture hobbies i.e. Art, Music, Sport, Charity, volunteering, travelling, gardening, and so on.