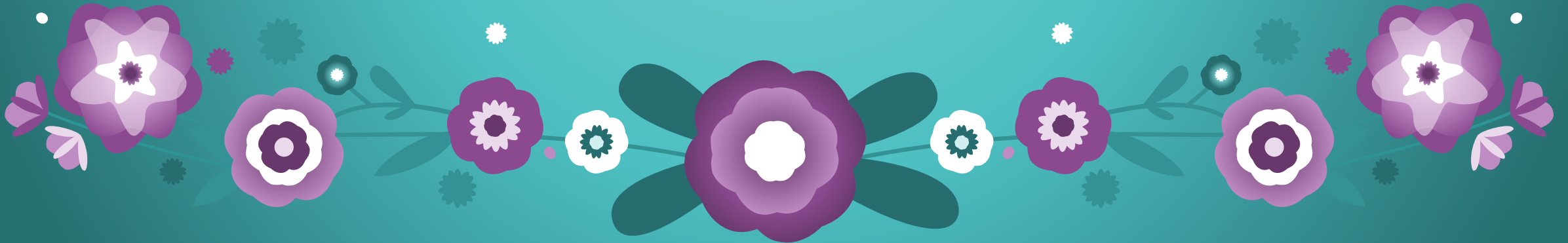


The Resilient Carer

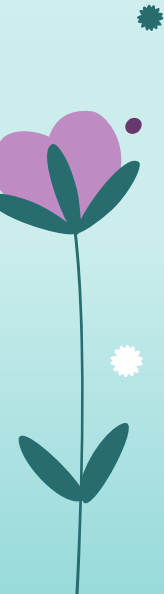
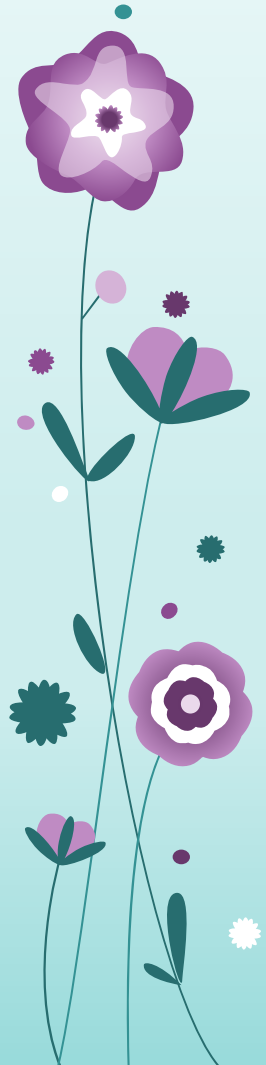
Jackie Keogh

Community Worker MS Ireland Western Region



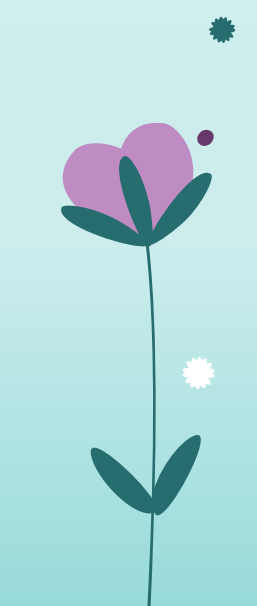
Overview of Session

- Welcome and overview of the session
- How am I ?
- Resilience – how to thrive
- Everyday life as a carer –filling your own cup





Feelings walk

- Walk around and place a sticky note on word that you feel or agree with
 - This is an exercise that recognises the impact of caring on you
 - There is no judgement involved
 - Useful way to recognise the emotional load you carry, often unseen
- 

Resilience what is it?

Resilience is the ability to the manage life's unexpected and inevitable changes more easily.

- Physical Resilience
- Emotional Resilience
- Mental Resilience
- Social Resilience



Resilience contd.

Challenges carers face:

- Emotional – worry, feelings of guilt, sadness helplessness, burnout
- Financial-reduced working hours or leaving employment , extra costs
- Social Isolation- less time for friendships, hobbies, feeling cut off or misunderstood
- Physical Exhaustion- long hours, disturbed sleep, fatigue, back pain, poor overall health
- Role strain – Balancing multiple responsibilities.

Do you remember?

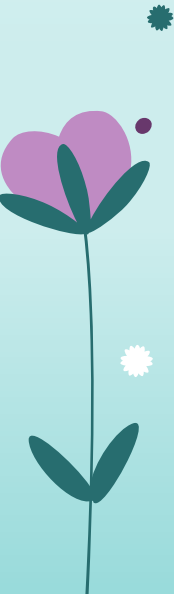
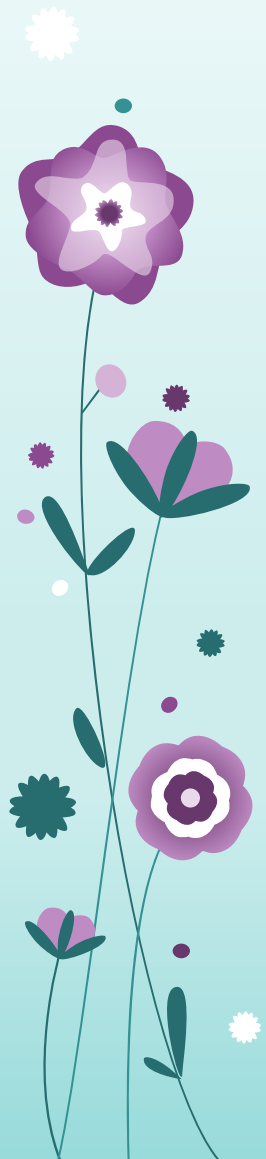
Close your eyes

Listen to the music clip

What memories come up for you?

Are they good memories?

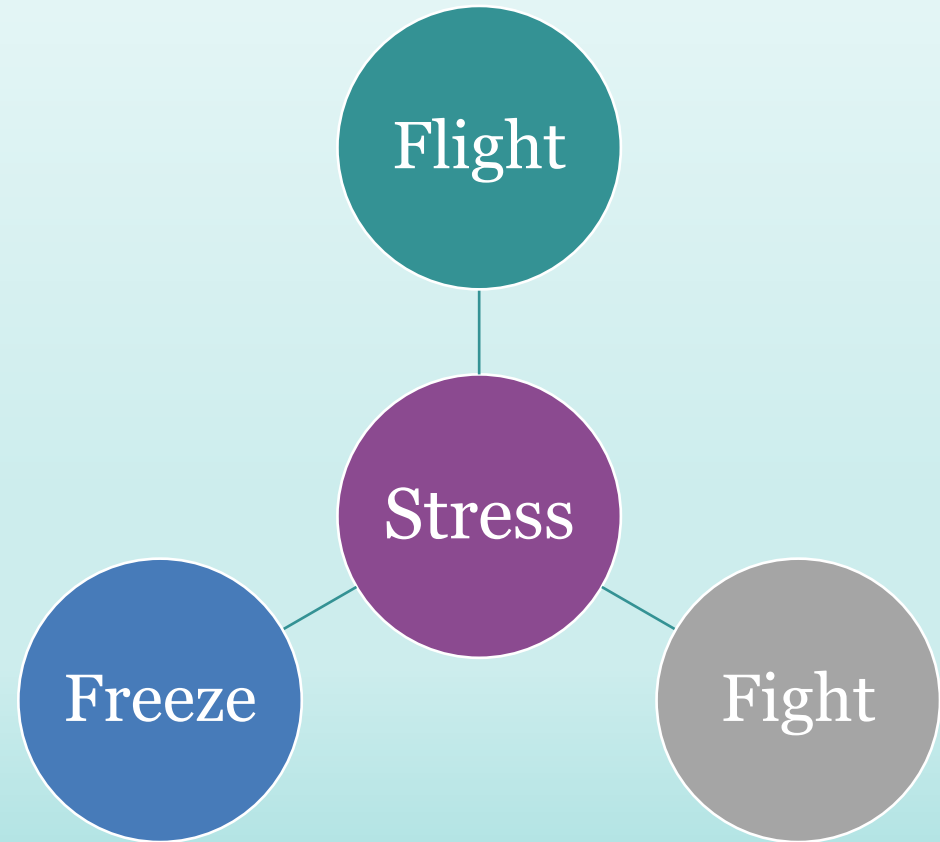
Chat with the person beside you about it.



The Science of Stress & Coping

Fight

- *You feel tense, frustrated, or irritable.*
- *You might snap, argue, or feel the need to take control.*
- *Your body feels tight — clenched jaw, raised voice, faster heartbeat.*



The Science of Stress & Coping

Flight

- *You want to escape or avoid the situation.*
- *You might withdraw, stay too busy, or numb out with distractions.*
- *Physically: racing heart, restlessness, shallow breathing.*

Freeze

- *You feel stuck or disconnected.*
- *You might go blank, find it hard to decide, or feel emotionally numb.*
- *Physically: low energy, slow movement, foggy thinking*

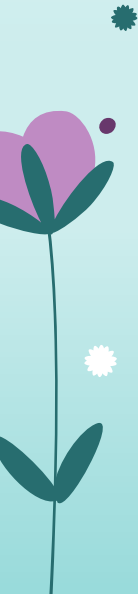
Calming your Nervous system

- What works for me? Can I practice mindfulness while making cup of tea?
- Grounding techniques
- Progressive Muscle relaxation
- Soothing sensory input
- Checking in with your body
- Movement – stretching, swaying
- Humming



- Self care –sleep nutrition exercise rest
- Emotional Regulation – mindfulness journaling
- Positive mindset- practice gratitude challenging negative thoughts
- Self compassion
- Social supports – ask for help
- Purpose and meaning – asking the why?

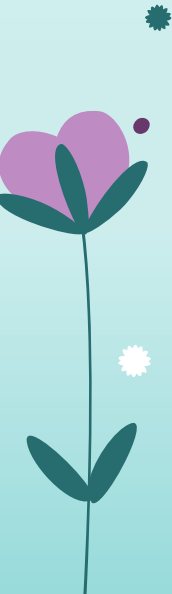
Building Blocks of Resilience



Self Compassion

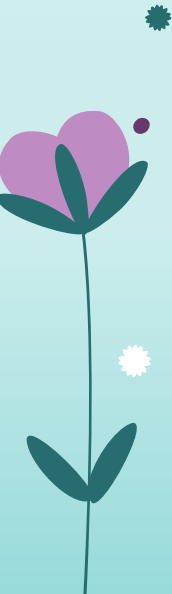
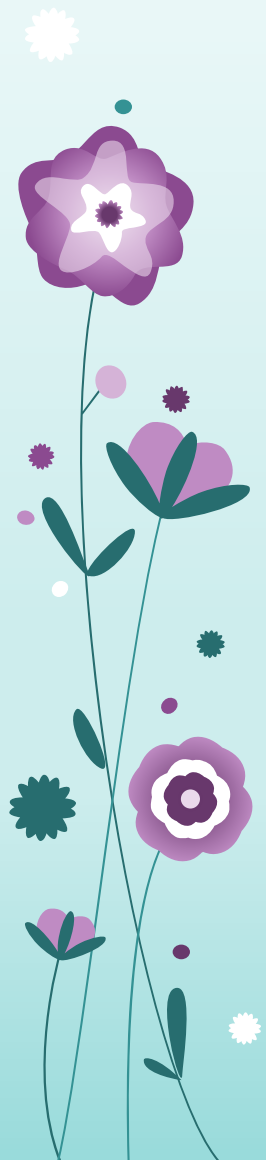
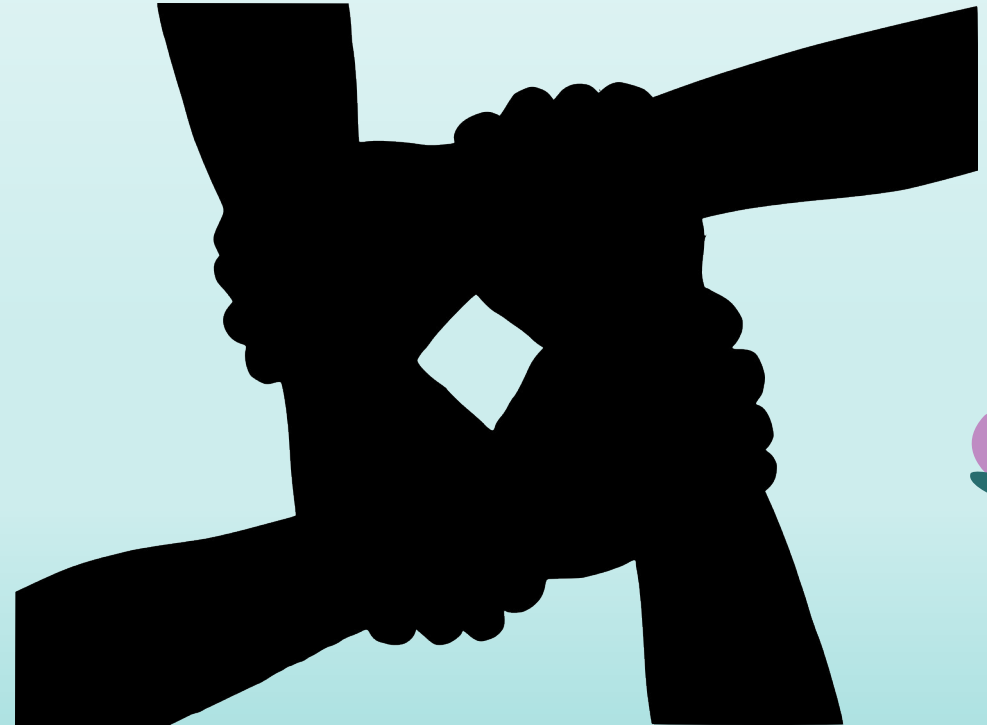


- Talk to yourself kindly
- Give yourself permission to rest
- Acknowledge your efforts
- Practice mindful self awareness –check in with your own feelings
- Set boundaries without guilt
- Minding your own wellbeing is caring for oneself



Supports available

- Family Carers Ireland MS Support Group Monthly Online Meetings
- Talk to your local Community Worker for support
- Family Carers Ireland 1800 24 07 24
- Insight Timer (free), Headspace, Calm Apps
- Yourmentalhealth.ie
- GP, Primary Care Psychology





**"They may
forget what you
said, but they
will never forget
how you made
them feel."**

— Carl W. Buechner

Parade