

# Learn Connect Grow

HopeAllianz Inc | Fall 2016



## Moving Chaos to Calm and Finding Balance

*Chaos is the space of change that has not yet harmonized or synchronized.*

# In Everyday Living

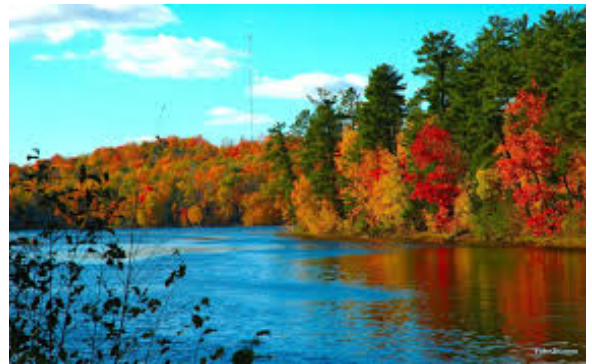
Have you ever felt overwhelmed and felt like you were drowning in your commitments? Being pulled in fifteen different directions? You know what it is you need to do but are caught in the craziness of the moment, the hurry up to get it done and pressures to calm yourself down. You look into your toolbox for something that will help. But, all you can feel is a numbness, your stuck and nothing seems to work.

## Get Off The Roller Coaster

This is not the easiest thing to do But, when you become overwhelmed you need to learn to stop and disconnect so that you can come back in a more balanced way.

## Rediscover Nature

Take a look outside. Can you see a tree? Grass? A potted plant? A bird? Maybe you are lucky and can see a park or lake. There is something in nature you love to do, so go find that and do it. It will be one of the most grounding experiences of your life.



## Create Calm At Home

When you are feeling overwhelmed things at home usually get a bit off – pushed to the side. Washing takes longer to get done and put away, dishes take longer to be cleaned, mail doesn't get opened, bags get dropped wherever, and the clutter begins to build up. Make the decision to dig deep into your energy reserves and create calm in your home. This is difficult, but will be worth it. Don't underestimate the power of a good declutter. This one thing alone can help calm your mind and give you more focus than you ever thought possible.



### Feng Shui Tips to Cut Clutter

- Remove anything that causes you stressful thoughts. Keep items that bring you joy and make you smile.
- Add watercolors – certain hues bring on calm: blue attracts creativity and prosperity, and green creates a feeling of new life in a room.
- Embrace space – an overstuffed room can actually make you feel tense, so be sure to leave about 2 ½ feet of walking space around furniture.
- Invite nature indoors, open blinds to let in natural light, and place plants around the room. Plants bring new life, growth, and oxygen to a space.
- Balance it out – love your glass coffee table? Pair it with something cozy, like a plush sofa. Softer elements in the room bring comfort; harder elements provide stability.

### Write A "DO THIS" List

A "do this" list is your reminder of what it is you like to do so that you can remain balanced in your life. Here are some ideas to get you started:

- Meditate for twenty minutes a day
- Walk home through the park or around the lake
- Have fresh flowers on your table or desk
- Practice Sacred Sunday (a technology-free day)
- Use beautiful lotions and soaps each day
- Climb a mountain
- Hug your children or your pets
- Read a book
- Sit under a tree
- Drink water with a spritz of lemon each morning



### Create Balance

- Define what a balanced life means to you
- Create boundaries
- "No" is a complete sentence
- Keep a journal
- Understand and accept that you are not a superhero
- Be the best you can be in the moment



Dialectical Behavior Therapy

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<http://www.mindiantreatment.com>

**DBT LifeSkills Training**  
**Emotion Regulation and Well-Being**  
**Managing Your Thoughts, Feelings, and Actions**  
**Thursday 10:00 am – 11:30 am**  
**November 10 – January 26**

*When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled with acceptance, joy, peace and love.*

*~Thich Nhat Hanh*

## Upcoming Events ~ Mark Your Calendars

<p><b>DBT LifeSkills Training</b>  <b>Emotion Regulation &amp; Well-Being</b>  <i>Managing Your thoughts,  Feelings, and Actions</i></p> <p>Thursday 10 am – 11:30 am  November 10 – January 26</p> <p>Fees Apply  Most Insurances Accepted</p>	<p><b>Caregiving Support Group</b>  First Monday of the Month  At 6:30 pm – RSVP 763 546 6624</p> <p>November 6, 2016  December 5, 2016  January 2, 2017</p> <p>  <small>© Can Stock Photo</small></p>	<p><b>Health and Wellness Fair</b></p> <p><b>Planned for  Spring 2017</b></p> <p><b>French Park  Plymouth MN</b></p> <p><b>More Details to Follow</b></p>
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HopeAllianz Inc was organized in 1994 by Dr Jody L Friesen Grande PhD LICSW BCD and provides a full spectrum of holistic counseling/therapy, personal coaching, lifeskills training and educational services to address the needs of individuals, couples, families, and the community. Professional services include: individual counseling, couples counseling, family therapy, personal coaching for mental health, lifeskills, and caregiving.

*Our mission is to inspire and empower individuals and families to create an authentic meaningful life with wisdom and knowledge while promoting physical, mental, emotional and spiritual health.*



**HopeAllianz Inc**

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# During the Holidays

The holidays are fast upon us. In a blink of an eye, Thanksgiving Day, Christmas/Hanukkah/Kwanzaa, and New Year's Eve will have already come and gone.

Holidays bring much time spent with family from near and far, preparing and making elaborate holiday dinners and attending parties, buying expensive gifts to show loved ones how much we care and decorating our homes in holiday regalia. There is no denying that, despite the holidays being a special time to reconnect with family and friends, heightened expectations may lead to depression, anxiety, irritability, sleeplessness and exhaustion. And asking for help, even outside of the holiday season, is difficult for many of us to do.

It is important not to ignore holiday season-related depression and anxiety. Taking positive steps toward minimizing unnecessary holiday-related stress increases our chances of having a happier and healthier holiday season. In most cases, holiday-related depression and anxiety can be lessened by striking a healthy balance between our expectations and our realities.

Consider some of the following suggestions to balance your holiday season:

**Evaluate your holiday expectation.** Decide which expectations are achievable and which are not. If you are working full-time and caring for young children, or caring for aging parents, volunteering to cook a large holiday dinner may not be doable, especially if you also want to enjoy it.

**Be present when you are with your loved ones.** Put away cell phones, computers, and other distractions so you can focus on the people who mean the most to you.

**Be sure to get enough sleep.** Research suggests that seven to nine hours of sleep a night significantly improves our ability to regulate our mood and improves our thinking and decision-making skills.

**Delegate responsibility.** Try to anticipate when and what you will need help with. Ask for help in advance. This will decrease your chance of setting yourself up for feeling frantic and overwhelmed. For example, ask your family to help you with cooking and cleanup. This is also a great opportunity for connecting and spending time together.

**Make time for exercise.** Exercising for 30 minutes a day, a minimum of three days per week, has consistently been shown to improve mood, sleep, and to reduce anxiety.

**Set aside differences.** Try to accept family members and friends as they are. When possible, set aside another time to sort out family conflicts and grievances.

**Stick to a budget.** Before buying all your gifts decide on a budget that's right for you. Don't feel guilty if your budget does not allow for elaborate gifts. Remember that love and happiness cannot be bought with an avalanche of gifts.

**Seek professional help if you need it.** Despite your best efforts, if you find yourself still feeling sad, anxious, having physical complaints and unable to sleep, talk to a mental health professional.



Source: Dr Paula Durlofsky, "How to keep calm and carry on during the holidays." Retrieved October 18, 2016 from [psychcentral.com](http://psychcentral.com).



# Caregiving During the Holidays

With the holidays comes added obligations, an increased demand on finances, visits from extended family, and other added stressors, which can make the holidays overwhelming for both the caregiver and those being cared for. Here are some tips to help you not only survive, but thrive this holiday season.

1. Give yourself permission to say "NO." You are not obligated to attend every social gathering of the season and you are not obligated to host parties in your home. Remember that each commitment you agree to means that you are also saying no to something else. For instance, time to relax, time to prepare and time to spend with loved ones
2. Avoid crowded and noisy places. Loud or startling noises can further confuse or frustrate any of us, but especially those that may be living with cognitive deficits. Instead, prioritize smaller and more low-key event that won't add to confusion or stress.
3. Manage sugar intake. Be cautious of over-indulgence in sugary foods which can lead to behavioral issues. Also, avoid alcohol which can lead to depression and increase the risk of falls.
4. Prepare out of town guests. The holidays are a great time to get families together but can be challenging for caregivers and guests alike. Let visiting family and guests know that their loved one may not remember them and explain any known behavioral issues to make yourself and guests feel more comfortable should something arise.
5. Maintain routines. This can be challenging during the holidays when parties go late, but try to keep your loved one on a similar routine so that holiday preparations do not become disruptive.
6. Involve your loved one in holiday preparations. The holidays are fun and having loved ones participate in the fun can create special memories for you. Decorating cookies, hanging decorations, setting the table, and even wrapping gifts are some examples of things your loved one can do to help celebrate the holidays.
7. Join a support group. The holidays can be a tough time for caregivers and people who are in the early stages of dementia. The rate of depression increases during and after the holidays so if you or your loved ones experience any signs of depression, contact a health care provider.
8. Be creative in giving gifts. Think through safe gifts that a loved one can use and ask people to purchase those gifts. Ideas include clothing, music, videos or photos, or identification bracelets. Also, be sure to put respite care on your own wish list to give yourself a bit of rest and relaxation during or after the holidays.
9. Keep traditions alive and well. Just because a loved one may not remember past traditions does not mean that you can't continue to honor them. Singing Christmas carols, lighting a menorah or eating holiday foods can help a loved one with dementia connect to holiday celebrations.
10. Trust your instincts. You know more than anyone else how much you as a caregiver and a loved one can handle without feeling overwhelmed. If an event or group of visitors feels like it may be stressful or troublesome give yourself permission to reschedule or decline.



Source: Alissa Sauer, "Top 10 Tips for Dementia Caregiving During the Holidays." Retrieved October 18, 2016 from [alzheimers.net](http://alzheimers.net)

## CAREGIVING SUPPORT GROUP

First Monday of the Month at 6:30 pm

**JOIN US ... RSVP 763 546 6624 TO RESERVE YOUR SEAT.**