

FINDING YOUR *JOY*

**Presented by
Savy Makalena Founder/CEO/Caregiver**



**What
gives
you
Joy?**



“Joy is the state of being that allows you to experience feelings of intense, long-lasting happiness and contentment of life”

Is this the Joy that you are now experiencing in your Caregiving journey?

Do You Have Joy?

Though there may or may not be moments of joy, understanding our need for joy will help to truly...

FIND OUR JOY!



7 WAYS TO FIND YOUR JOY

FINDING YOUR *JOY*

in

compassion

Caregivers have very high levels of compassion
FOR OTHERS!

Yet, we are hard on ourselves and put our need for compassion aside. Compassion is a basic human need that we as Caregivers must practice

FOR OURSELVES!

SELF-compassion starts within **YOU!** By *treating yourself with kindness, understanding, and acceptance*, especially during difficult times

FIND OUR COMPASSION FIRST!

then we can show it to others!

FINDING YOUR *JOY*

in

moments

**Do you
feel like
you have
no time
for a
MOMENT?**



As Caregivers, we get caught up in one chaotic moment after another and when we try to take a calm moment, even just to recover, we are not always successful, right?

There is a need for YOU to **set YOUR boundaries** to make space and schedule **YOUR moments!**

This is a way of standing up for yourself!

It's okay to have ME TIME!

FIND OUR MOMENTS FIRST!

then we can share them for others!

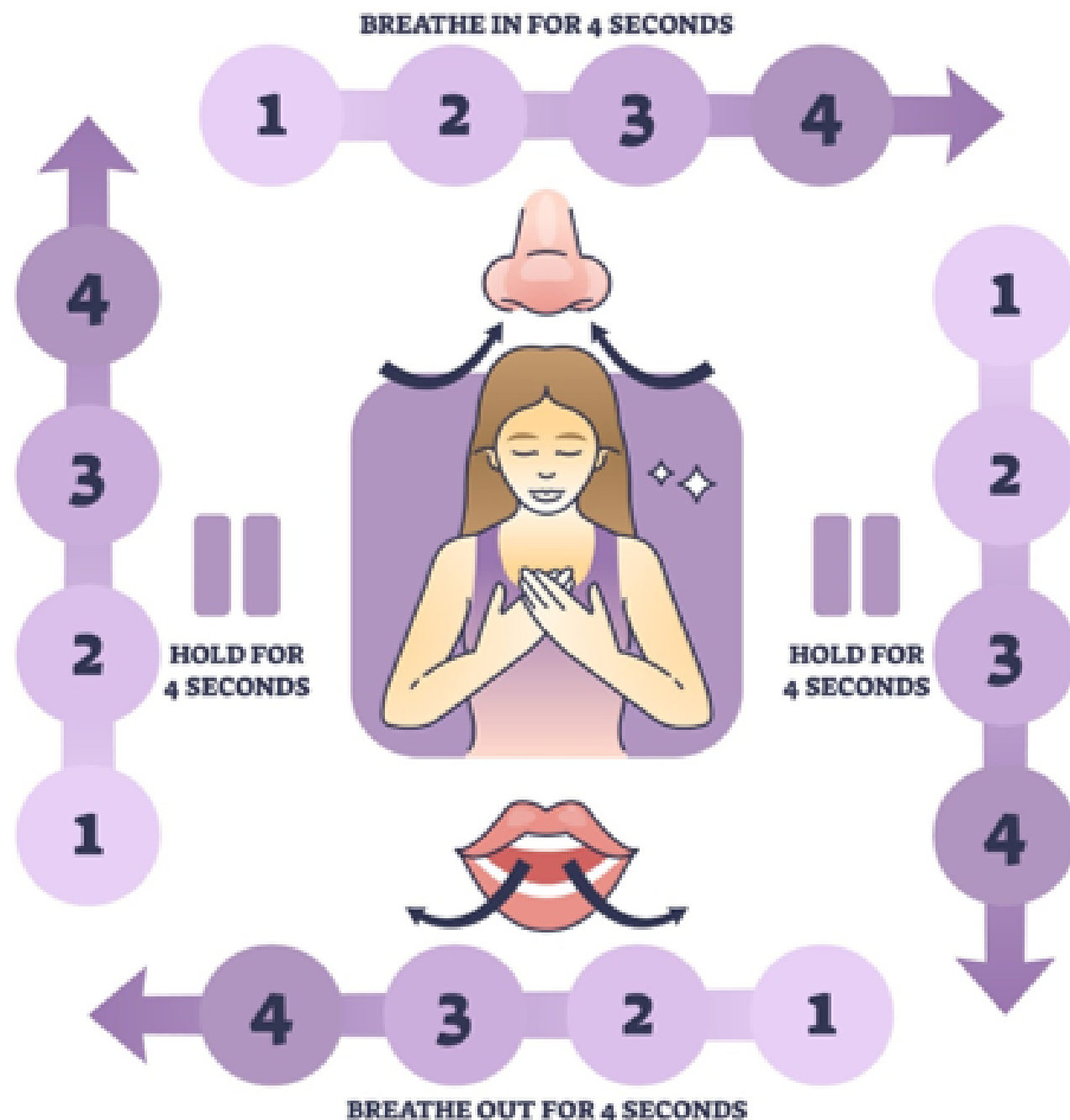
Mindful breathing

Mindful breathing can be done formally through practice or informally by pausing throughout the day to use the breath as a focal cue to bring awareness back into the moment.

To start:

1. Find a comfortable position
2. Close your eyes or soften your gaze
3. Notice your natural breath without changing it
4. Pay attention to the sensations of breathing
5. When your mind wanders, gently bring focus back to the breath

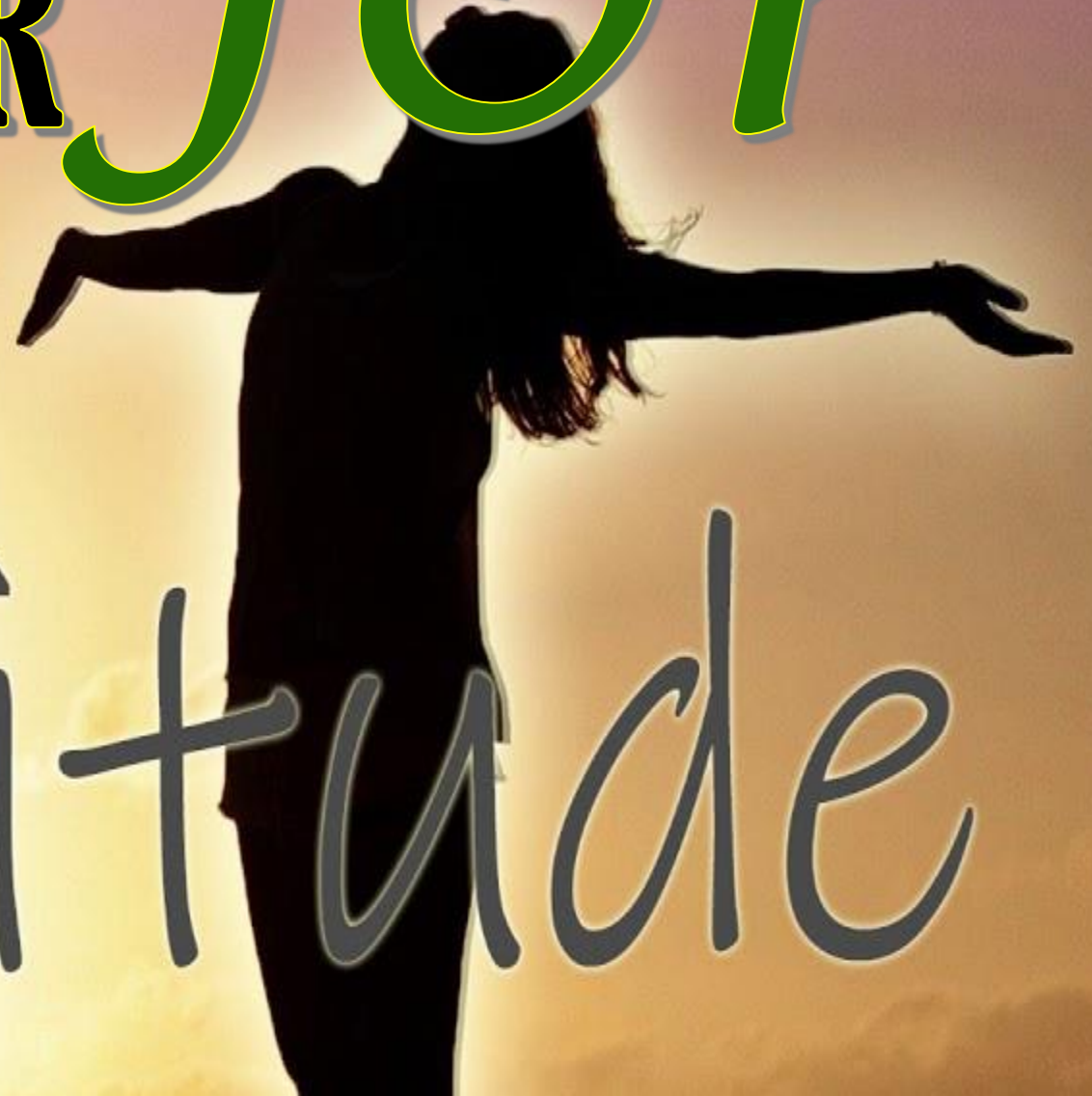
Begin with short sessions, like 5 minutes daily. Gradually increase duration as you feel comfortable. You can practice anywhere, anytime. Remember, it's normal for thoughts to arise – the practice is about noticing and returning to the breath without judgment.



FINDING YOUR *Joy*

in

Gratitude



**Have you
lost sight
of the
Good
Things?**



As Caregivers, we may lose sight of the “good things in life” being surrounded by the chaos of suffering, aging, illness and other negatives.

We become “covered in chaos” and lose sight of the positive. Not purposely, we have no choice but to absorb what surrounds us, this makes *gratitude* difficult. We may be able to see the things around like air, water, sunshine, we may not always see the ones within us.

FIND OUR GRATITUDE FIRST!

THANK YOURSELF now for the good that you do!

A young woman with long, dark brown hair is smiling warmly at the camera. She is wearing a light-colored, possibly white, top. The background is a bright, modern living room with a white shelf holding various decorative items, a dark television screen, and a green plant visible on the right. A large red banner with white text is overlaid at the bottom of the image.

Thank You, Me

Gratitude and Health

Improves

- Sleep
- Tendency to exercise
- Cardiovascular health
- Adherence to medication
- Mood, optimism, hope

Reduces

- Substance abuse
- Fat intake
- Cortisol
- Blood pressure
- Suicidal thoughts
- Inflammation
- Perceived stress and depression in health care providers





FINDING YOUR

JOY **in** *Grief*

**Are you
depressed,
angry, sad,
fatigued?**



Grief is a natural response to loss, and it often feels overwhelming. You may feel guilty for having joy, however, it's important to recognize that joy and grief can coexist. Embracing them both allows you to honor your pain while remaining open to moments of happiness. Feeling joy does not diminish your love for the person you have already lost or will lose or the life you had before caregiving; rather, it reflects the depth of that love.

FIND OUR JOY IN GRIEF FIRST!

Allow Grief and Joy to coexist!

Get the help you need and deserve!



Seek Support:

Connecting with others who have experienced similar losses can provide comfort and understanding. Sharing your feelings with friends, family, or support groups can help you feel less isolated. Reach out to a professional if you are struggling to cope!

A person in a red leotard is performing a backbend, with their head touching their knees. The background is a solid pink color. The text "FINDING YOUR" is written in a bold, black, sans-serif font with a yellow outline, positioned at the top of the image.

FINDING YOUR

Joy

in

MOVEMENT

**What is
Movement
to you?**



As Caregiver we do a lot of movement, as we're always moving in chaos! However, we don't always move with intention!

Movement happens when there is a change of position, a change of opinion or a part of music. The slightest movement like breathing, swallowing, laughing, sneezing even the intention to move results in widespread activity of the muscles of the trunk and limbs! Movement is essential not only for physical health but also for mental well-being.

FIND OUR MOVEMENT FIRST!

It is vital that we make the time for *intentional* movement.

Why you need to MOVE your body



Moving your body releases chemicals that improve your mood



Getting movement in helps release anxiety



Movement allows you to change the energy in and around your body



Moving in a way that feels good to you can improve your relationship with your body

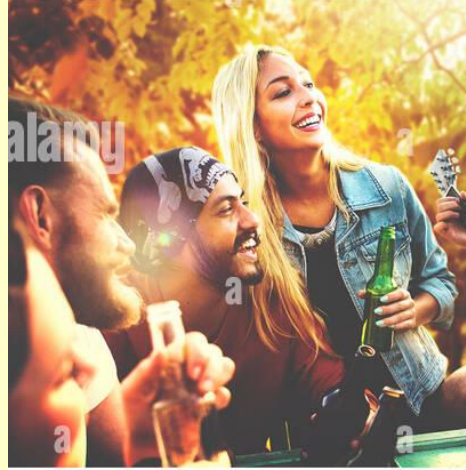
FINDING YOUR JOY

in

Community



**When was
the last
time you
connected
with
someone?**



As Caregivers we can quickly become isolated we lose our connection to a world we once knew.

What is connection?

When you are connected to someone, you will find some and more of these elements in the relationship that you do to keep the connection strong

Connecting with yourself is essential for personal growth and emotional well-being, and it can be achieved through mindfulness, self-reflection, and intentional practices.

FIND OUR CONNECTION FIRST!

Are you connected to yourself?

FINDING YOUR

JOY

in

👉 Yourself 👈

What is your purpose in life?



NEW BORN



TODDLER



CHILD



PRETEEN



TEENAGER



YOUNG ADULT



MIDDLE AGED
ADULT



RETIRED



ELDERLY

As Caregivers, we easily become isolated and most times lose our purpose and we've had many purposes in life, right? Do you remember when you were a child? Go to school and get good grades! What about after graduation? Get a job and make good money! And now? Be a good Caregiver, take care of your parents, right? Are those all a purpose? Or a duty?

FIND JOY IN YOU FIRST!

Your purpose is the thing that YOU want to achieve in this life.

Finding joy and happiness as a caregiver from within is a transformative journey that requires intentional effort and self-reflection

Ask yourself every morning,
“What makes **me** happy?”

Remember, ***happiness is a journey***, not a destination, and it requires intention and dedication.



A close-up, high-angle shot of a diverse group of six people smiling warmly at the camera. They are all wearing glasses. The group includes a man with a beard and orange-rimmed glasses, a woman with a red beanie and brown-rimmed glasses, a man with orange-tinted glasses, a man with red-rimmed glasses, a man with a beard and blue-rimmed glasses, and a woman with red-rimmed glasses. Confetti is scattered around them, and the lighting is warm and golden. The text "Start with YOU! Then YOUR JOY will spread to others" is overlaid in white, bold, sans-serif font.

Start with YOU!
Then YOUR JOY will spread to others



**NEED
SUPPORT?**



gab808.org

Caregiver Support Sessions

WEEKLY ONLINE

ZOOM ID 8087543787

"Gimme a Break"
caring for caregivers

**Every
Tuesday**

**8:00pm
HST**

Your Safe Space
gab808.org/support-sessions