

May 17, 2016

Tonight's program, Caring for the Caregiver, was presented by Chaplain David Lowe, MA, MDiv, BCC.

David made 6 points

1. The redemptive side of the Helping Professions : Remember that your work may be redemptive, but it is not rehabilitative. We need to be aware of boundaries and know when to say "no" and when to say "yes." Avoid triangles.

2. Know the Secret of Long Term Resilience : Every act is either healing or harming.

Bottom Line: Fire Your Boss and Go to Work for God. Research has shown that people who labor for something bigger and better than themselves are less likely to suffer burnout. Find fresh "stuff" to help renew. Science tells us that people desire to be treated with Kindness, Respect and Dignity.

3. Work Hard But don't take yourself too seriously. Learn from the NERF ball. NERF ball? you say. What is NERF? The NERF ball you are familiar with is made from Non-Expanding Recreational Foam. The NERF that David mentioned is Nutrition Exercise Rest Fun. NERF is an important part of the balance that we need each day.

4. Personal and Professional Place for Acceptance -- The world has much more gray than black/white. It's ok to say, "I don't know why."

5. Understand Neural Pre-dispositions -- Humans are hard-wired for stress. Our brains were created to react quickly to threats to our safety / survival, but they don't know the difference between reality and imagination. Modern life is so full of threats that we have lost our ability to focus. Dr. Amit Sood says that average person has about 150 un-done tasks / open files

. <https://www.youtube.com/watch?v=JzZXhVzpaxg>

We are always judging, comparing, fearing, and stressing about things and others.

Three Main Causes of Stress: Imbalanced call on our resources, lack of control over the things we feel responsible for, and lack of meaning associated with our tasks. So what can we do? We can cultivate resilience by focusing on what we are doing, taking good care of our health (think NERF), reframing our thinking to be more optimistic, having a spiritual connection to God or our Higher Power. Here's a link to a story about someone who took a bad situation (being robbed) and found the good in it.

<https://pastorappreciationblog.com/2013/01/16/matthew-henry-short-story-and-a-couple-of-quotes/>

6. Cultivate a set of friends with whom you can be open and honest --Know when to say "yes" to your friends.

In closing, David said that when we care for others at a deeper level with their best interest in mind, we can rewire our brains to be less selfish, less stressed and less self-centered.

Check out the YouTube video: <https://www.youtube.com/watch?v=KZIGekgoaz4>

David Lowe will also be our speaker for the June 21 meeting.