

The Tired Caregivers Guide to Relief In 4 Simple Steps

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Some of the most common emotions that caregivers experience range on a spectrum from:

- Sadness to Grief
- Guilt to Shame
- Frustration to Rage
- Self-recrimination to Self-hatred
- Loneliness to Desolation

These on top of the physical responsibilities can often lead to exhaustion, overwhelm and depression.

Feelings are very normal and are a part of the experience of being human. It's what we do with the feelings that matter.

So here are simple yet radical steps to give you some relief. I say radical because they may seem counter-intuitive. But is what you're doing now working for you? If not, perhaps you'd be willing to try a little radical. If you do, it won't take long before you will experience at the very least, a bit of an opening, some breathing space. From my own personal experience, *I can tell you that this process transformed my life.*

Have you heard the phrase "you have to feel it in order it to heal it"?

I've often asked my clients- are you allowing yourself to feel your anger? And a typical response I receive is "well yeah, it's here what else I'm I going to do?"

Well actually there are many things we do to avoid feeling our feelings.

They include:

- Acting out the feeling, e.g., yelling or hitting something
- Complaining to a friend
- Distracting ourselves with something else e.g., TV, computer, etc.
- Numbing ourselves with food, alcohol, drugs, etc.

While those actions might make us feel better temporarily, they are not healthy or productive solutions. And truth is, the feelings actually get pushed further down and get compounded. They remain under wraps until oftentimes some small, unrelated event occurs and the lid blows.

Or we are so good at keeping them squelched, that the toxic energy slowly permeates into the body causing a physical and or mental dis-ease that can no

longer be overlooked. But one way or another, our feelings or their aftermath will have to be dealt with. So why not now before they wreak havoc?

And the upside is that there is no greater freedom than to:

- no longer resist and be fearful of our emotions
- recognize that we have emotions but we are not our emotions
- have a way to honor them as a part of being human and to allow them pass through

You may have heard the expression “what you resist persists”. These pithy little sayings are carriers of the truth!

So if you’re feeling adventuresome...or desperate, I encourage you to give these simple steps a try.

In the beginning it’s best not to wait until you have an emotional upset to practice this process. Because unless you have someone to guide you through it, odds are the pull of the old habit patterns will be too strong. The probability is you won’t even remember the process much less how to do it.

So you will want to set aside some time, even 3- 5 minutes to practice.

Start with an emotional experience that is on the mild to moderate size. You want to be able to have the emotions come up fairly easily. But you don’t want them be so strong that you’re unable to focus on the exercise and experience the benefits.

First, how is it that we “feel”? By the very nature of the word “feel” it indicates the body. When we "feel" something from outside the body, it’s via touch. When feel something inside the body, it’s via emotions. But whether its touch or emotions what is created is sensations or feelings.

The Process:

1. Make yourself comfortable, close your eyes and begin recalling a mild to moderate emotional experience.
2. Once the story has evoked the emotions, let the story go. Then put your entire focus on the sensations, the energy in the body that was created by those emotions.
3. Become curious, and notice where the sensations are. What does the sensation of the emotion feel like in the human body? Notice where they are, do they move or are they stagnant? Is there a temperature or a color? What’s the size, etc. By exploring the sensations in this way, oftentimes they will simply dissolve.

4. However if not, then put your attention on a specific area of sensation. Now imagine an opening in that region. Feel, see or imagine the energy leaving through the opening. Be as creative as you like. For example, if needed you can insert a straw or use a vacuum cleaner, whatever works best for you. E-motions are energy-in-motion, energy doesn't want to be blocked or impeded. It wants to move and to flow. This is how we can be fully human, experience the full range of emotions and not have them wreak havoc on us and our lives. An emotion comes up, we allow it to be there, we "feel" it and it moves on.

Tomorrow you may feel that emotion again and think "OMG its back, it didn't release!" Please know, that is a LIE the ego likes to tell us to get us to stop and to keep us from acquiring peace. The ego feeds on drama and suffering, so it will do and say anything to sustain and entertain itself.

Emotions are like diamonds, they have many facets as well as provide valuable information. So yes you did release an aspect of that emotion. And because you gave it permission to come up, you are now able to move on and release a different facet.

Remember if the process can give you **any emotional relief or sense of calm that is a huge gift.** And if it can happen once, it will happen again. I don't know about you, but I will take that peace whenever I can get it and be very grateful!

My experience has been that the ego will also tell you it's dangerous to feel certain emotions. In fact, it may try to convince you that they will even kill you, but that is yet another LIE.

All you have to do is summon the courage to try it once and you will see that the opposite is true. It's the fear and resistance to the feeling that creates so much pain and suffering.

It's like with any skill though, it takes practice to become adept. For most of us, we are changing a lifetime of patterns! So please be patient with yourself.

In fact **my biggest caution:** whatever you do or don't do, please do not use it as another way to beat yourself up and be hard on yourself. You have so much on your plate. You are doing the very best you know how. And you know what? That's good enough.

You are good enough!

Gail

P.S. If you would like to work with me in learning this process or help in guiding you through it, please feel free to reach out. In fact, call me if I can support you in any way at all.