

September 2024

The Empowered Caregiver



Together With You on Your Ceresti-Care Partner Journey



FEATURED ARTICLE

Finding Balance: Yoga Awareness Month Celebrates Caregivers' Well-Being

September brings with it a special focus on self-care and mindfulness through Yoga Awareness Month. Amidst the busy routines and responsibilities of caregiving, this month offers a unique opportunity to explore the transformative power of yoga, providing caregivers with tools to nurture their own well-being while caring for others.

Yoga is more than just physical exercise; it's a holistic practice that encompasses breathwork, meditation, and movement. For caregivers, who often juggle multiple tasks and face emotional and physical challenges, yoga offers a sanctuary—a space to reconnect with themselves and find inner peace amid life's demands.

One of the most significant benefits of yoga for caregivers is stress reduction. The gentle stretches and mindful breathing techniques employed in yoga help alleviate tension in both the body and mind. Studies have shown that regular yoga practice can lower levels

of cortisol, the stress hormone, leading to improved mood and overall well-being.

Moreover, yoga cultivates resilience, empowering caregivers to navigate the ups and downs of their caregiving journey with grace. Through the practice of mindfulness, caregivers learn to embrace the present moment and let go of worries about the future or regrets about the past. This newfound perspective enables them to approach their caregiving duties with compassion and clarity.

Physical health is also a priority for caregivers, as maintaining their own well-being is crucial for providing quality care to others. Yoga promotes flexibility, strength, and balance, which are essential for preventing injuries and maintaining mobility. Simple yoga poses can be incorporated into daily routines, offering caregivers a quick and accessible way to stay active and energized.

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Additionally, the sense of community fostered in yoga classes can be invaluable for caregivers, who may often feel isolated or overwhelmed by their responsibilities. Connecting with others who share similar experiences creates a supportive network where caregivers can find understanding, encouragement, and camaraderie.

As we celebrate Yoga Awareness Month, let us recognize the vital role that yoga plays in

supporting the well-being of caregivers. By embracing this ancient practice, caregivers can cultivate resilience, reduce stress, and foster a sense of balance in their lives. As they nurture their own well-being, caregivers are better equipped to provide the love and care that their loved ones deserve. So, this September, let's roll out our mats and embark on a journey of self-discovery and healing through the practice of yoga.

By Marilyn Abrahamson, Brain Health Education Specialist at Ceresti Health

CERESTI RESOURCE SPOTLIGHT

CERESTI'S BRAIN HEALTH EDUCATION PORTAL

Are you caring for someone with brain health issues and looking for helpful information? Check out Ceresti's **Brain Health Education portal!**

This website is a one-stop shop for caregivers, offering answers to all your questions about brain health. Whether you're concerned about dementia, Parkinson's disease, stroke, or other brain health conditions, Ceresti has you covered.

The portal is packed with easy-to-understand articles and resources. You'll learn about the signs and symptoms of different brain conditions, as well as tips for managing them. There's also important information on how to lower your risks for dementia, including lifestyle changes and healthy habits.

One of the highlights of Ceresti's portal is their self-paced course, ***The Seven Steps to a Healthier Brain***. This course walks you through simple, effective steps to boost brain health, from staying active to eating right and managing stress. Each step is designed to be easy to follow and fits into your daily routine.

Ceresti's Brain Health Education portal makes learning about brain health fun and engaging. It's like having a friendly expert by your side, guiding you every step of the way. Register and visit the portal today and take the first step toward better brain health for you and your loved ones!

Ceresti's Brain Health Education Portal is provided at no cost to Ceresti Caregivers and families. Go to brainhealth.ceresti.com. If this is your first time visiting the portal, use the code **GIVECARE** when you register.

MEET CHANDLER EDWARDS



Hey y'all! My name is Chandler Edwards and I am somewhat new to the Ceresti family. I started in April of this year and am so excited to be a part of a team that is truly making a difference in people's lives!

I attended Francis Marion University where I was a Mass Communication major with an emphasis in Public Relations and a minor in Political Science. I thought my dream was to be the next "Olivia Pope" from the ABC hit series, Scandal. In my early twenties, I learned that couldn't have been further from the truth.

In the course of the last ten years, I spent my days in geriatrics where I was the Community Liaison, or Director of Sales and Marketing, or in operations for Assisted Living, Skilled Nursing, Hospice, and Geriatric Behavioral Health. My expertise and passion fell within the confines of dementia training; as well as being able to help families find resources to assist them in caring for their loved ones in the best way they could.

I was born and raised in Myrtle Beach, SC. I live about twenty miles west in Conway, SC with my daughter, and reason for living, Lakeley. She is an honor roll student, with her own jewelry line in local stores, a signed model, a national pageant winner, and loves any chance to be on a stage. I am also the guardian and custodian of my mother who was diagnosed with Korsakoff's Encephalopathy and Vascular Dementia a year ago.

When I have free time, I enjoy going to the beach, being outside, reading, traveling, and enjoying peace and quiet.

I love the families we work with each day. It is so fulfilling to see the difference we make in their lives and the lives of their loved ones. As a caregiver, myself, I can honestly attest to how special it is when you have someone you can call or speak to who understands what you have been through and give you advice on how to get through it!

Five Unique Ways to Refill Your Cup

As a caregiver, you spend your days looking after others, often putting your own needs last. While traditional self-care tips like exercise and proper sleep are essential, let's explore five new and unusual self-care strategies that will bring a smile to your face and a spring to your step.

1. Laughter Yoga

Laughter is the best medicine, right? Laughter yoga combines the benefits of laughing and yoga breathing techniques to boost your mood and reduce stress. It's easy to do at home or in a group. Start with a simple, fake laugh that soon turns into real giggles. Not only will you feel happier, but you'll also enjoy the physical benefits of a good laugh.

2. Plant Therapy

You don't need a green thumb to benefit from plant therapy. Surrounding yourself with plants can reduce stress and improve your mood. Try growing a small indoor garden with easy-to-care-for plants like succulents or herbs. Watching your plants grow and thrive can be incredibly rewarding and a peaceful break from your daily routine.

3. Sound Baths

A sound bath is a deeply immersive, full-body listening experience that uses therapeutic music played with crystal bowls, gongs, or other instruments. This practice can help reduce anxiety and promote deep relaxation. You can find local sound bath events or even virtual ones online. Close your eyes, let the sounds wash over you, and feel your worries melt away.

4. Art Journaling

You don't need to be an artist to enjoy the benefits of art journaling. Combining writing and drawing can be a powerful way to express your emotions and clear your mind. Grab a notebook, some colored pens, and start doodling, writing, or creating collages. Let your imagination run wild and discover the therapeutic effects of creativity.

5. Forest Bathing

Forest bathing, or Shinrin-yoku, is a Japanese practice that involves immersing yourself in nature. Unlike a typical hike, forest bathing is about slowing down and mindfully connecting with the natural world. Find a local park or nature reserve, leave your phone behind, and take a leisurely walk. Breathe deeply, listen to the sounds of the forest, and soak in the tranquility.

Caregiving is a demanding role, and it's crucial to find moments of joy and relaxation for yourself. These five unique self-care ideas—laughter yoga, plant therapy, sound baths, art journaling, and forest bathing—offer fresh ways to recharge and rejuvenate. Give them a try and watch your stress melt away while your happiness grows. Remember, taking care of yourself isn't just a luxury; it's a necessity. Happy self-caring!