



Caregiver Help.com

Module 2 : Session 2 : Printed Instructions “3 F’s of Flipping Out” PDF

- 1** ***Watch Intro Video***
3 F’s of Flipping Out, Module 3, Session 1
- 2** ***Download and Print this PDF***
- 3** ***Watch Video “Fatigue”***
Complete Workbook Page 4-5
- 4** ***Watch Video***
“Claudia Robs a Bank”
- 5** ***Read Action Step***
- 6** ***Watch Video “Fear”***
Complete Workbook Page 6-7
- 7** ***Read Action Step***
- 8** ***Watch Video “Frustration”***
Complete Workbook Page 8-9
- 9** ***Read Action Step***
- 10** ***Finish Button***

The 3 F's of Flipping Out

Feeling angry is a normal and predictable reaction to circumstances we cannot control.

People who are experiencing

Fatigue • Fear • Frustration

are especially prone to losing their tempers

FATIGUE: A state of physical, mental, emotional, and/or spiritual tiredness

Apply the three steps of **Creative Indifference** to your feelings of fatigue by completing the following statements:

I am **AWARE** that I feel mentally and/or physically fatigued when _____

I **ACCEPT** that the primary thing wearing me out is _____

**I will take Action to manage my fatigue
by implementing one or more of the following strategies:**

I will make sure I get enough sleep. If it isn't possible to sleep at night, I will make a plan to avoid sleep deprivation, which may include taking naps, getting respite care, or finding a different place to rest.

I will cut down on junk food. Instead of grabbing a doughnut or a burger, I will buy individually packaged healthy snacks that don't require preparation, and I will make a conscience effort to put fuel into my body rather than food laden with sugar, salt, and fat.

I will drink lots and lots of water and cut down on my intake of high energy drinks, coffee and soft drinks so I can avoid caffeine and sugar crashes.

I will get outside and walk briskly for at least 10 minutes every day.

I will stretch my body and do one breathing exercise at least once a day. I will inhale deeply, filling my abdomen with air while I slowly count to 8. I will hold my breath for a count of 8, and then exhale slowly through my mouth for a count of 8. I will repeat this exercise at least 5 times.

I will also _____

Controlling Fear

Fear: A feeling of anxiety concerning the outcome of something or the safety and well-being of someone brought on by the belief that someone or something is dangerous, likely to cause pain, or a threat

Apply the three steps to Creative Indifference to your feelings of fear

I am **AWARE** that the things that frighten me the most are _____

I **ACCEPT** that the following events are likely to happen _____

I **ACCEPT** that the **worst possible** thing that could happen is _____

I will take **Action** to control my **Fear** by implementing one or more of the following strategies:

- I will not allow my fears to dominate my thinking. I will make a conscience effort to control my thoughts.
- When I find myself slipping into a pattern of “what if” thinking, I will shift my focus to concentrate on the situations over which I do have some influence or control.
- I will accept that the worst possible thing that could happen probably will happen, and I will take the necessary steps to get prepared.

When I start thinking fearful thoughts, I will tell myself _____

I will get prepared for the worst case scenarios by _____

Managing Frustration

Frustration: The agitated feeling that comes from the realization that you have absolutely no control over the behavior of others, the progression of the disease, or the eventual outcome.

Apply the three steps of Creative Indifference to your feelings of frustration by completing the following statements:

I am **AWARE** that the most frustrating thing about this situation is _____

I **ACCEPT** the fact that this is a difficult and trying circumstance, and I acknowledge that there are going to be moments when I feel _____

I will take Action to manage my Frustration by implementing one or more of the following strategies:

I acknowledge that taking a break from caregiving is not a selfish act. When I feel frustrated I will take a mental and/or physical break by doing one of more of the following things:

Separate the disease from the person _____

Call a time out. Remove myself physically from the situation _____

Set clear boundaries _____

Join a support group, call a friend and/or call a hotline _____

Get some exercise _____

Ask for and accept help _____
