



WELCOME!

November 27, 2023

Developing Skills to Effectively Cope in Your Caregiving Role

Guest Speaker:

Porter Knight, CPO

Productivity Vermont

<https://productivityvermont.com/>

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Coping with Caregiving

Skills to help
reduce stress and build resiliency

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PERSONALIZED WORKPLACE STRATEGIES

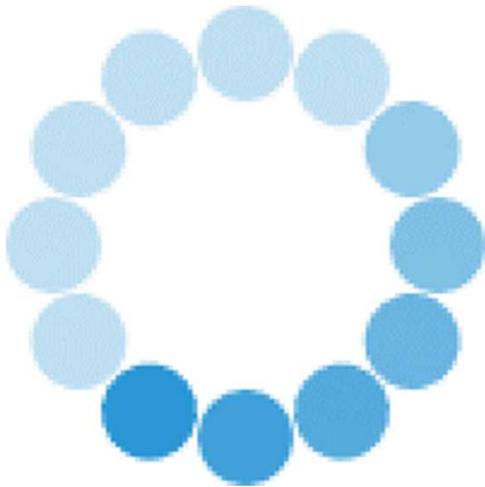
Agenda

Concept	Skill	ACTION: "I am going to..."
Reclaim your brain	Mindful moments & meditation	
Sorrow, anger, fatigue	Acceptance, agency, & action	
So. Much. To. Manage.	Lower bar Say yes Make action list	
Prioritize the basics	Sleep. Eat. Exercise.	

A top-down photograph of a person's lower legs and feet. The person is wearing a light-colored, possibly white, skirt. The left foot is in a dark red or maroon slip-on shoe with blue and white circular patterns. The right foot is in a light blue, open-toed sandal with a strap across the foot. The floor is made of wooden planks with a worn, yellowish-brown finish. The text "Reclaim your brain" is overlaid in the bottom left corner.

Reclaim your brain

Skill: Mindful moments & more



Sorrow, anger and fatigue



I sat with anger...

<https://www.nytimes.com/2023/11/09/well/family/care-givers-anger-illness.html?smid=nytcore-android-share>

Sorrow, anger and fatigue



Skills:

Acceptance

“Neutral observation of what (currently) is...”

Agency

“I can...”

Action



So. Much. To. Manage.



What is juggling?

Skills:

Lower bar

Accept help

Make action list

Prioritize the basics. Skills:

Eat Well
Exercise
Sleep

You got this.



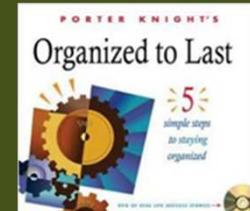
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Metta meditation

_____, may s/he be well and be happy

_____, may s/he be well and be happy

May s/he be free from fear and sorrow

May s/he be healthy and free from illness

_____, may s/he live calmly and peacefully