



SECOND BY NECESSITY

A Caregiver's Guide to Finding Peace In Stressful Times



Cheryl L. Maloney



SELFLESS LOVE

***You're here... whether you
want to be or not.
At this moment your priority
is to care for another who
needs your help.***



Are you caring for:

- ⦿ *A young child*
- ⦿ *A parent*
- ⦿ *A spouse or partner*
- ⦿ *A relative or friend who is alone*

*Because they are injured, ill, physically or
mentally unable to function?*

Throughout our lives there are times when we have to care for someone else. Placing their needs first isn't merely a choice it's a necessity. And that is the right thing for us to do at that given moment.

As a mom or dad we understand the need to put our children's lives ahead of our own, especially in their younger years. When they are infants they depend on us. As they grow we hope to give them the guidance which will allow them to make their own decisions. That's all part of being a parent and we do that gladly.

As our lives unfold though we may be thrown into situations where our needs are placed on hold as we take care of an aging parent who can no longer take care of themselves. Or perhaps we're taking care of a loved one who is injured or ill and can't take care of themselves. We drop everything... again it is the right thing for us to do... and we do it willingly. We don't want to see anyone we love suffer. Being there to help them get through it is our calling at this

time in our lives.

For weeks, months and sometimes years we move through life caring for someone else before ourselves. As time moves on we wear down. We tire of the struggle and just pray for a break... for them and for us. Our patience wears thin and even our own health may suffer. In our mind we have moments of martyrdom and in the next instant we're steeped in guilt for even thinking we should have a break. After all those we are caring for are the ones who are suffering.

There comes a point in this journey where we are tired or not feeling well. Sometimes we're angry. We're worn down, worn out and let's face it... we're shop-worn. It comes with the territory of being a caregiver. Even though we've allowed ourselves to get to this point because we've placed the needs of another above our own we also know we'll do it all over again if we have to.

Taking the time out to care for yourself when someone else has to come first is not a luxury - it's a matter for survival for both you and your loved one. You understand that, yet, you still don't think you can. Think again.

There are 1,440 minutes in every day. Even if you're lucky enough to have 6 hours of sleep at night that still leaves you with over one thousand minutes (1,080 to be exact). In reality you are not helping your loved one every minute that remains (even though you may think you are.)

Taking just 2% (@22 minutes) out of the available 1,080 minutes each day can make the difference in your attitude, your stress level and your own health. You deserve and need the time to take care of you. Choosing to take this time enables you to be better at caring for your loved one. And whether they can tell you or not they too know you need some time for yourself.

Simple Steps



What follows are some simple yet powerful ways of renewing your own energy in as little as 5, 10 or 20 minutes:

- *Keep a playlist of your favorite "feel good" songs, put on your headphones and relax into the positivity.*
- *Make yourself a cup of tea or other favorite drink. Find a quiet space, outdoors if you can, and focus on the taste of your favorite beverage. You can always keep a room/baby monitor close if you're worried you'll be needed.*
- *Buy, rent or stream your favorite comedian's work. Take a few minutes every day to listen and laugh!*



- *Go into a room where you can close the door and be alone. Sit down, close your eyes, and visualize the most peaceful place you can think of. Picture yourself there and enjoying the moment whether you are alone or with others.*

● *If you can leave the house or care facility throughout the day schedule a regular walk when your loved one is otherwise occupied. You can even start and end your day with a few minute walk around the neighborhood. As you walk notice your surroundings. The beauty of the landscape, the feel of the air, the smell of the flowers are all reasons to be grateful. Give thanks for them.*

● *If you're loved one is not at home schedule 10 minutes with the visiting massage therapist at the hospital or care facility you're spending your days at.*

● *Ask close friends or relatives to visit your loved one for 20 minutes. Schedule their visits over a few days or weeks. Let them know you need a short break and would appreciate their help. Then take the time to get away for a quick meal, coffee or fresh air break.*

- *Download the latest, greatest new e-book from your favorite author. Read while your loved one is sleeping.*
- *Rest when your loved one rests. Resist using that time to catch up on your "to do" list.*
- *Visit the hospital or care facility's chapel. Take the time to reflect, give thanks or pray... or just take those few minutes to enjoy the solitude.*

Never underestimate the power of the few moments you can take. Choose to see them as your respite and be grateful for them. Most of all realize that your dedication to care for your loved one is an experience you'll never regret... regardless of the stress you may feel. Find peace in that knowledge.

About the Author

Cheryl L. Maloney is the Creator and Publisher of [Simple Steps Real Change Magazine](#). A former corporate executive she found herself reinventing her career in her 50's while caring for her husband Jack as he faced life threatening illnesses and for her aging, blind mother when her dad died suddenly. She continues in both roles today.

Cheryl is passionate about sharing the collective wisdom of countless inspirational leaders, coaches and counselors. She does so through [Simple Steps Real Change Magazine](#) and her show on [Empower Radio](#).

You can learn read or hear more from Cheryl on her website at [CherylL.Maloney.com](#). Cheryl is a Life Coach, Inspirational Speaker and Group Facilitator. Contact her for more information:

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