

WHEN CARE GIVING COMES TO AN END

By Donna Deos



NEED SOMEONE TO LISTEN?

If you need someone to truly listen and to help call Donna!

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When care giving comes to an end it is usually due to a loss. It is hard to let our loved ones go at any point in time. It is even harder to let them go when you have been such a big part of their lives and they yours. Setting the grieving and loss aside, let's look at what typically happens to the care giver when their duties are complete.

The first thing that happens is you fall into a chair and start to realize how tired you are. You begin to wonder how you did so much and for so long. This is completely natural.

What is also natural is now you don't want to do anything at all. You have reached the end of your rope and are actually willing to let other people do things for you. Funny, you weren't real open to it before now, and yet somehow, it is now looking really appealing.

This is because you have worn yourself out. You have given and given and given until you had just about nothing left.

This too is okay. It is time for you to rest and recover. When we go, go, go and don't stop this is what happens. When you do stop, you really stop!

There is no need to worry about yourself (or other care givers you see hit this spot). It is exactly what needs to happen. It is now finally time for you to get what you want and need. You put the other person(s) first to the point where you almost lost yourself. Now, you will regain yourself. You will let this take as long as it needs to. Refilling your well is now your priority and there is nothing selfish about it.

Let go of all the things you put off until you had time for them again (and I know you will, because you don't have any desire or ambition to do them, do you?! Been there, done that).

Take the time you want and need. Take each day as it comes. You will get your energy back. You will turn this around and rejoin your friends and family. Actually, the more you let them in – in small doses – the better your recovery will be. You don't want to self-isolate to the point of depression.

To your well-meaning friends and family, let me say, please understand what they have gone through and how much they have given. Please do not push them to keep on going. They need and deserve the rest. They will pick things back up again when they feel up to it. Pushing them or overstepping boundaries and taking things into your own hands may do more harm than help. Be respectful and loving to them. Invite them to do things that are easy and bring joy. Take them out to eat, or bring a meal to them and just sit with them and visit. Time with you in restful, enjoyable activities is what will help them recover.

Happiest of Holidays to you all! Donna

A message from Ben Kiniry The Salvation Army's VIRTUAL RED KETTLE



With advances in technology, the Salvation Army now has what is dubbed as "Virtual Kettles," which is fancy speak for using a QR Code to make donations incredibly easy. If you wish to help those in need during this holiday season, *or anytime* I encourage you to scan this QR code or visit online at:



Bit.ly/2021VirtualRedKettle

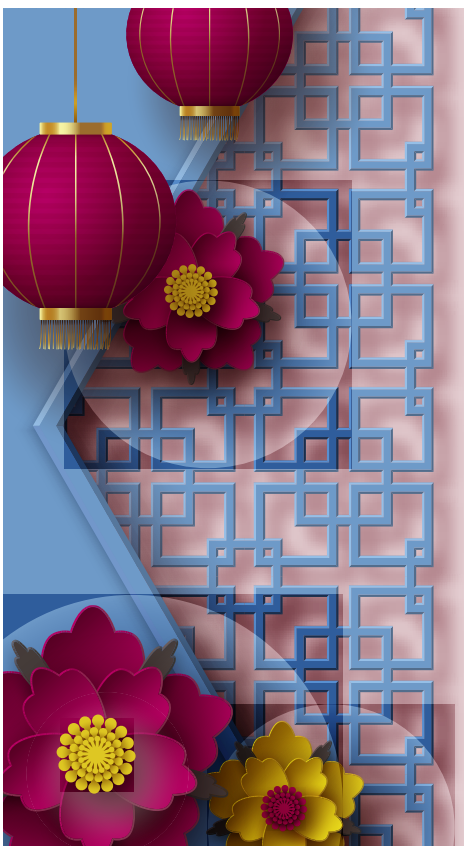
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