

# extra**EXTRA**



## HOSPICE FOR UTAH Caring For Caregivers

HFU NEWS

# YOGA FOR CAREGIVERS

### HFU & Yoga

Hospice For Utah staff members are learning to better care for themselves using Yoga and breathing exercises. Self care for caregivers is an important part of caring for others.

Thank you GreenTREE Yoga for sharing your talents with us!



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## Yoga for Caregivers

### GreenTREE Yoga

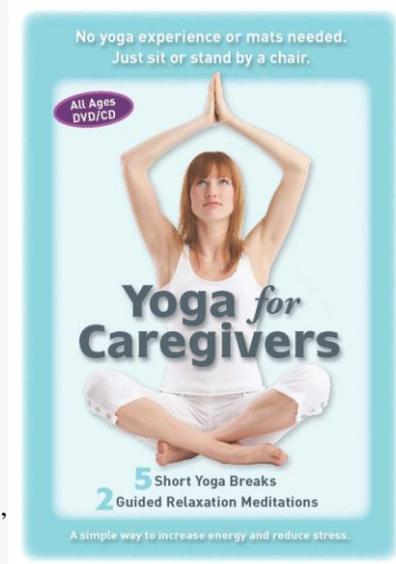
**Are you a caregiver who is feeling stressed?  
Need more energy?**

We can help! And, it is very easy to get started. We invite you to learn how to manage your own stress and to keep yourself strong so you have more to give those who depend on you. Doing simple yoga exercises can help you calm down, get healthy, and find more energy. If you have never done any yoga – keep reading!

GreenTREE Yoga is a nonprofit charity dedicated to bringing the benefits of yoga to people of all shapes, sizes, ages, and abilities. The many physical and emotional health benefits of yoga include: engaging people in physical exercise; weight loss; strengthening social connection, improving balance and coordination, teaching easy methods of stress reduction & relaxation; developing focus and concentration; and, building trust and self-confidence.

GreenTREE Yoga has become a part of our community by working with a diverse group of organizations and individuals to fulfill our dream of showing everyone that "Yoga for You" is a reality. GreenTREE Yoga has done programs with SPLORE and Camp Kostopulos (disabled populations), Women Beyond Cancer; Juvenile Centers/Men's Jail/Women's Prison, Hospices, Utah Alzheimer's Association, Substance Abuse Center, and many schools and community programs. GreenTREE Yoga also does professional development trainings for Utah teachers (K-12) and the University of Utah School of Social Work.

GreenTREE Yoga works to build sustainable yoga programs both through our programming and our support materials. These materials include books/manuals/CDs/DVDs to help people strengthen their personal stress management and wellness programs. Our most recent DVD/CD is Yoga for Caregivers, developed in partnership with Cole/Holland Training Center. It's short relaxation and stretching breaks – no yoga mat necessary.



### Monthly Quote:

*“What lies behind us and what lies before us are tiny matters compared to what lies within us.” ~Ralph Waldo Emerson*

For more information, visit [www.hospice4utah.com](http://www.hospice4utah.com)  
or call (801) 576-1455

## Yoga for Caregivers Continued:

Look on our website for FREE quick and easy yoga breaks (mp3 files) you can download and do at home. We also offer a FREE handout with some quick breathing and stretching exercises that you can do yourself or with the person for whom you are caregiving. ([www.greentreeyoga.org](http://www.greentreeyoga.org)). Here's an example for you to try:

### "Count to Calm" Breath Breath:

Place your hand on your belly or over your heart. Close your eyes, and breathe into your palm. With each completed breath (a full breath in/full breath out), press one finger against your belly. Count five to ten breaths. Before you open your eyes, notice how you are feeling now. Use this simple breathing exercise to help you find a moment of calm in your day.

If you are interested in inviting some simple yoga into your life to help manage your stress and keep your body healthy, inquire about some GreenTREE Yoga programs. We have a wonderful staff of teachers and volunteers.

Yael Calhoun, RYT, M.A., M.S., is the Executive Director and Co-Founder of GreenTREE Yoga. She is an author of over a dozen books, manuals, cds, and dvds, and is an educator with over 30 years experience. Please contact GreenTREE Yoga at [greentreeyoga@comcast.net](mailto:greentreeyoga@comcast.net) or 801-656-7885 for more information on all our programs and support materials [www.greentreeyoga.org](http://www.greentreeyoga.org).

## Sometimes laughter is the best medicine...



I do yoga so that I can stay flexible enough to kick my own arse if necessary.” ~Betsy Cañas Garmon

## Conference Recap

Each year, Hospice For Utah Sponsors a conference designed for professional caregivers. This year's conference, addressing Compassion Fatigue, was a huge success!

Resources from our keynote speaker, Francois Mathieu, are available on her website:

[www.compassionfatigue.ca](http://www.compassionfatigue.ca)

### Topics Covered:

- Understanding compassion fatigue and vicarious trauma; Symptom checklist
- Targeting areas for strategic planning
- Understanding warning signs
- Assessing contributing factors
- Evaluating self-care
- Identifying triggers
- Solutions: personal, professional and organizational strategies

## Other Self Care Ideas...

- Get a therapeutic massage
- Treat yourself to a new body cream
- Wear your favorite, comfy clothes
- Take 20 minutes of alone time
- Soak feet in a special foot soap
- Notice and appreciate humor
- Take a long walk
- Do something you have never done before
- Spend time with people who are affirming, optimistic and nurturing
- Play/work outdoors (ski, walk, BBQ)
- Save notes and letters that are complementary and read them often
- Learn a new skill
- Engage in a new hobby
- Take a nap
- Pray or meditate
- Exercise
- Rent a comedy
- Dance ridiculously
- Do a puzzle
- Plan a vacation
- Plant a garden
- Write in a journal
- Join a support group



<http://www.lawc.on.ca/ResourceSelfCare.htm>

## What is Extra Extra?



Extra Extra is a monthly newsletter detailing some of the "extras" that Hospice For Utah has to offer.

If you have any questions, please call Kelsie @ (801) 576-1455