

Daughterhood the Podcast

Episode #59

Mindfulness in Caregiving with

Nancy Gentle Boudrie

45:28

RESOURCES:

Nancy's Website - <https://www.awakenwithlight.com/>

Jon Kabat Zinn <https://jonkabat-zinn.com/> - Mindfulness based stress reduction

Quick coherence technique - <https://www.heartmath.org/>

<https://www.heartmath.org/resources/heartmath-tools/quick-coherence-technique-for-adults/>

SPEAKERS

Rosanne, Nancy Gentle Boudrie

00:01

This is the whole care network

00:10

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Rosanne 01:06

Hello, and welcome to Daughterhood The Podcast. I am your host Rosanne Corcoran, Daughterhood circle leader and primary caregiver. Daughterhood is the creation of Anne Tumlinson who has worked on the frontlines in the health care field for many years and has seen the multitude of challenges caregivers face. Our mission is to support and build confidence in women who are managing their parents care. Daughterhood is what happens when we put our lives on hold to take care of our parents. We recognize this care is too much for one person to handle alone. We want to help you see your efforts are not only good enough, they are actually heroic. Our podcast goal is to bring you some insight

into navigating the healthcare system provide resources for you as a caregiver as well as for you as a person and help you know that you don't have to endure this on your own. Join me in daughter hood. Today, my guest is Nancy Gentle Boudrie. For 35 years, Nancy helped business owners and corporations achieve peak performance and create exponential success until she found her true passion and purpose working with people to manage high levels of stress and to navigate unprecedented challenges. Nancy blends her business knowledge with her training from Jon Kabat Zinn's mindful based stress reduction, and Naropa University's mindful leadership training. Today, Nancy and I discuss what mindfulness is, how you can access it, steps to mindfully accept your emotions, and simple techniques on how to incorporate mindfulness into your caregiving. I hope you enjoy our conversation.

Rosanne 02:40

As caregivers, our energy is all outward facing we do and we do for everyone around us and we either have all the feelings or we feel nothing. But one of the concepts we hear that can help us is mindfulness. Nancy, what is mindfulness?

Nancy Gentle Boudrie 02:55

So mindfulness is defined. I'm going to give you the Dr. Jon Kabat Zinn definition, love him. And he is just the founding father here MBSR, Mindfulness Based Stress Reduction. You can Google, they have classes all over the United States, if you ever feel called to attend training in this regard. But mindfulness teaches you to live consciously aware. Mindfulness is defined as learning to pay attention on purpose, to the present moment with curiosity and not judgment. So it's teaching you to dial in to what's happening. As it's happening. You still have unconscious habits, because it's our very nature. Sure. But mindfulness teaches us to notice them. And then taking we'll talk about this as we get into it, the pause, we actually have an opportunity to make choice. We just typically, power through we do whatever, which we're very reactionary. And then I like to take mindfulness to a step further. And the way I teach it, Mindfulness means maintaining a moment by moment awareness. So that present moment awareness of our thoughts, our feelings, our bodily sensations, as we're interpreting the surrounding environment, with a mindful attitude of acceptance, curiosity, self compassion, and then openness. So very much teaching you to dial in not only to what's occurring externally, but also what's an and occurring internal.

Rosanne 04:42

Gotcha. Well, and it's, you know, it's so hard because we're just doing right. Sometimes we're just trying to make it through our day. Like I don't know how I'm going to do everything I need to do. And the thought of being like, Well, how do I feel about this doesn't doesn't enter in because it You, I hate to say it this way, but you don't have time for it. Right? And but it doesn't help you in the long run, right?

Nancy Gentle Boudrie 05:08

And what we're talking about can become as natural as breathing. It's a little hard to imagine that right now. But that's why there's professionals like myself, or like I mentioned going to a doctor Jon Kabat Zinn training. Yes, I know, you don't have time, you're in the middle of the throes of things. But YouTube videos and things of this nature. It's, it's all about encouraging yourself to come out of our fight flight response. Right. And we were, we're Deanna thoughts at the end of the day, we're wired, like Neanderthals, animals. And so what we're actually encouraging is a choice. And we know, research says, so you can build mindful muscle, just like going to the gym and building muscles in your body. So

what we're encouraging, is as you go through this very, very difficult, challenging time in your life, how can I incorporate something that helps me navigate it?

Rosanne 06:16

That's it. Yeah, that's it. That's all of it.

Nancy Gentle Boudrie 06:19

Yeah.

Rosanne 06:19

So how do we do that.

Nancy Gentle Boudrie 06:20

So it's very critical and very crucial for caregivers, because it directly impacts both their well being and the quality of the care they're providing. And so caregiving by nature is so demanding, and can be emotionally and physically exhausting. So by incorporating something like mindfulness into your practice, into your daily life, your routines, as a caregiver can really reap some benefits, it can reduce the stress that is occurring because of the demand, and get you more dialed in and focused in that moment, when you're feeling overwhelmed by all the tasks that you have to do all the emotional pressures that you face, right? It provides emotional resilience, because if you regularly practice mindfulness, it'll build this ability to manage your emotions better, and respond to the challenging situations, from what we call a equanimity state of being a balanced mindset. I call it you know, dialing in to form and clarity. It improves your focus and attention, you know, there's the enhances your, your empathy and your compassion, there's so much benefit. At the end of the day, mindfulness has been shown to improve physical health by lowering your blood pressure and improving your sleep, reducing simple symptoms of depression and anxiety. So by weaving this into your daily practice as caregivers, you create a more sustainable and fulfilling experience, ensuring that you remain healthy, engaged in the present moment, compassionate your loved one in this crucial time.

Rosanne 08:13

Yup well, I think I think sometimes we have that vision that we have to, you know, find 30 minutes to sit in the corner and close our eyes, and breathe. And it's, and I don't think that that, you know, what we're what we're thinking isn't really what it is. So how can we do that? I mean, you know, I've heard of walking meditations. I've heard of people doing meditation when they do the laundry, like, how do we incorporate it? What do we do? What are some of those things?

Nancy Gentle Boudrie 08:38

Well, it's it is it's about just bringing it into your daily tasks. But there are those times that you might be sitting there and holding space, and we're going to tell you, pausing with your loved one. And you're, you're just there, connect to your breath. Stop, take a breath, observe, and choose purposely proceed. So it's an acronym for stop. You're taking that time just to connect breath. When you do that, you actually can get out of the sympathetic and into the parasympathetic, which is that very needed response in the body. When we are in constant stress mode. We can fry our motherboard. Yeah, you know, it's I got adrenal fatigue from just this from not holding space, not taking time. energizer bunny on steroids, getting it done. You need to take a breath, and we're talking, there's, there's exercises that are two minutes in length. We're not talking long. You can train the body in two minutes. The quick

coherence technique is a great one to bring your heart rhythm into a balance. So there's all these tools to incorporate there. You know, mindfully based help your busy caregiver life.

Rosanne 10:04

What is that one that bring your heart rate back into balance? Oh,

Nancy Gentle Boudrie 10:08

The Quick Coherence Yeah, this is a great. Now the only thing I would say, you're gonna hear, there's three, I'm gonna tell the steps and then how it can be a little difficult as you are emotionally navigating. Okay? So the first one is you observe the flow of your breath, greeting yourself, right where you are, if you're going. So be it. Okay, so first you acknowledge and turn to that. And you see the in breath, you see the out breath, you're not trying to change anything. Then you bring your awareness to your heart center. And you imagine the breath moving in and out of heart center. This is the technique that only takes two minutes. So once you get to get used to doing this two minutes is all this needs. That's where it starts to click over. And when you bring your awareness to your heart center, you begin to regulate the breath, and you begin breathing. I encourage you to bring that awareness to the heart center, and then breathe out. Like Like, your heart has nostrils. Okay. And that's where it starts to come in. Now, this is the tricky part. What they've statistically proven is when you think of a time when you felt really good inside. So you're gonna have to dig deep. Because you're not feeling too good. Right? Yeah. So that's the part that might be a little tricky if you got some head trash going. Because it's not good. Yeah, there is nothing good.

Rosanne 11:42

Right, yeah.

Nancy Gentle Boudrie 11:44

But you want to like, if you want to imagine you're at the beach for a hot second. If you want to imagine what it was like when this person was at their spry, as long as it doesn't elicit tears and a different type of emotion. But only you know, it's uniquely your own, what they want you to do is they encourage a positive feeling a time when you felt really good inside, appreciation, gratitude, something like that. And that sustains it, they say, okay, so I encourage when I did all the when I worked with people that had lost their loved ones, grief counseling, to think of something that didn't involve the external work. So, you know, when did I, I feel good about who I am? As an individual, right? It's a feeling, right, we're going for a feeling. So when I get to and, you know, how about changing the purse? The perception of what you're doing? You are doing something that is magnificent. Do you feel really good inside? What you're doing for this person? How you're caring for them, you're there for them? This helpless person? Right. So can you can you click into that and feel really good about yourself? That's, you know, that'd be a great if you can just in that hot second. feeling really good.

Rosanne 13:11

Okay, and it's called Quick coherence. What?

Nancy Gentle Boudrie 13:14

Called Quick coherence technique. And it's Heartmath.org.

Rosanne 13:20

Heart Math. Like the subject.

Nancy Gentle Boudrie 13:22

Yeah.

Rosanne 13:23

Okay. Heartmath.org. Okay. Very interesting. Well, and because, you know, sometimes you're not breathing at all. I mean, I think I went through five years of wearing my shoulders as earrings and not breathing.

Nancy Gentle Boudrie 13:38

Oh, my God. See, and that's the body's response. Absolutely. We're animals. We're protecting our jugular? We do that. Is that not insane? Yeah, I caught myself. I used to live on the second floor. And I would catch myself holding my breath. Doing this as I'm bringing the groceries up, like, I'm totally working against myself.

Rosanne 14:02

Well, yeah. But it just becomes second nature, you don't even realize you're doing it. And that's part of that's part of the challenge through all of caregiving. You don't realize when these things happen, and then all of a sudden, you're like, wow, I don't breathe, or, you know, I feel there's I have such tightness in my, you know, insert body part here. And that's part of that challenge in getting through that because we have to, we have to survive this, we have to live through this. So it's funny, because when you said, you know, we have to hold space for it, and we hear hold space all the time. What does it mean?

Nancy Gentle Boudrie 14:40

We we as a species, don't do it enough? It's that pause. I'm going to call from a mindful perspective. We call it a mindful pause. Okay. And I I like I touched on, there's several different acronyms for it. So one is stop Take a breath, you know, several paths. Where am I greet myself right now? Can I can I put myself on pause like imagine those old timey recorders? Boom, I hit the we hit the pause. Yeah, take that breath, take that moment to take a few breaths, and then observe. That's that mindful piece. Present Moment. Where am I? Am I on to the next task? Am I three steps back? Because I'm ruminating on something? Where am I? Now there's no judgment. But if I'm not in the present moment, I want to get dialed in here. Right. So you take that very important observation times, that's the O of stuff. And then you purposely the P, proceed. So when you're dialed in, now you have choice. And that's the empowerment piece.

Rosanne 15:59

So it's literally, you know, just stopping, just just thinking about where you are.

Nancy Gentle Boudrie 16:04

And I like, as I mentioned, going back to that definition, dialing and it's hard to the only reason I keep saying get into your emotions, is because those emotions are lodging somewhere. Right. Right. So let's encourage processing, rather than suppressing and having it show up as a physicality.

Rosanne 16:28

Exactly. And you know, you're always gonna get pushback on that. Because, you know, from I don't have time for this too, right? This is silly. Like, no offense, like, this is no, I'm going to breathe, and

everything's gonna be better. What sense does that make? How do we, how do we shut that off? And just give it a try? Give it a shot?

Nancy Gentle Boudrie 16:45

Yeah, it's, I think, because it's research based. Yeah, it comes from science, they've got proven time and time again, how this can actually improve the quality of your life. So if you're looking and saying, and continuing to say, these kinds of sentences to yourself, recognize that you're stuck in an emotional pattern, that is sabotaging your success. And what I mean by success is you're thriving, your peace, your joy, your whatever it is, you're purposely sabotaging a you don't think you're worth it be, you know, all these very deep rooted emotions. And, and we have that six steps for processing these. Now, I encourage, if you find that you are really in this space, a professional is really your best bet. And again, that professional can greet you right where you are, and help you and navigate. And even though you don't have an hour for an a coaching session or something, they can point you in the direction and give you the tools and help you because you might not be able to pull yourself right out. But but hopefully after listen, you know, something like this, and you've got the just grading yourself, right where you are. And if you hear a statement, like, I'm not worth it, you can hear yourself your inner chatter, I'm not good enough. Why would I waste my time on this? Notice that because that's holding the key to how you navigate this experience.

Rosanne 18:24

And that might come out not as overt as that, but it might come out with as as a behavior as something that you do as something that you're trying to do to deal with where you are. So you have to be aware of that also. Yeah, yeah. Well, and you said you have there six steps to, you know, mindfully accepting your emotions, what are they?

Nancy Gentle Boudrie 18:45

So six steps to mindfully accepting and coping with a difficult emotion. First one is you stop and you turn towards it. And you literally allow and become aware of the feeling in your body, the thoughts, you're creating the emotion that it's eliciting and you take a breath, and you sit with it. Most people are not comfortable sitting with that unpleasant emotion because I think it's going to suck them in. Yes. But it's actually counterintuitive to that. I had a client yesterday, who has chronic anxiety attacks. And she's been a client for several years. And we're finally getting to this point where she's getting on the other side of it. And she said, Nancy, for the first time. When I was sitting there taking that breath, and sitting with the anxiety. I actually felt it dissipate. And she hadn't even started doing anything yet. The simple acknowledgement and not what we call running from it. Running from the bear. We can't run from a bear. It catches up. So you're not inhibiting. You're not suppressing. You're not ignoring it. You're not trying to conquer it. You're just Being with it with an attitude of open curiosity and pure acceptance. I always say that's pure acceptance is hard, especially if all of a sudden the emotion that you're feeling is great resentment. Now all of a sudden you're in a guilt space for feeling resentment, resentment, right. But emotions don't define us, they come, they go. And all our job is is to allow them to come and go. When we meet them with resistance, we create the suffering. So when you meet that resistance and go, Oh, my God, I'm a horrible person, you've just created this whole different scenario for yourself. Right? So that first one is just stopping turning towards the emotion, identifying it, I know that I'm feeling great resentment, I know I'm feeling anger, you might then say that I'm feeling sadness. But it can morph into a million different emotions, acknowledge what is not what you think you should be feeling, not what your mother thinks you should, you know, what it could have said, whatever, what is acknowledge that I am feeling blank right now. And you can even say, intense, right now. Blank, right.

So through your mindful acceptance, you can embrace and hold the feeling in your awareness. And this many times, will just calm and soothe you. This is the greatest act of self compassion you can give yourself, and it's so much more effective than punishing yourself. Yeah. So you're opening, you're allowing yourself to feel, and when you open to feeling, you suddenly begin to witness the feeling, as opposed to being enmeshed in it. And this is where the real resilience, the real empowerment, comes, when we open to it, it means to see what is fully there without suppressing, rejecting, powering through. And by opening to that emotion, you create this mental space around it, and you witness it, instead of being a meshed. By creating that space, you'll discover that you're not whatever this emotion is, you're much larger than this is just an emotion doesn't define me. And then the problem is, is you know, even as children we were taught to, I am happy, and they put the little smiley face I am sad, right? And so somehow, somehow, we began to think we are our emotions, but we really want to say to ourselves, I am experiencing sadness. And so you're you're saying to yourself, you're not accepting it, you're allowing it? And while this is a temporary feeling, Nancy, how can I care for myself? What do I need? And, and that's where you want to take that pause, take that breath, investigate, when you're calm enough. Now, many times I just tell people to do these four steps just to get through that moment. But then when you're in a space where you can actually process it, five and six are very helpful, because then you begin to understand what brought that emotion about what triggered it in me? And what kind of thoughts did I create to trigger that emotion response? And the reason why you want to do that is because then maybe you avoid an episode in the future. So you, maybe there's a particular value, like I was using the Coulda, Woulda, Shoulda ah, the, you know, the expectations that did you set this bar so freakin high for yourself? I don't care if you're the best Olympian, you couldn't get oh, yeah, so that's, you know, that's where you gain that insight. And, and, you know, could be just simply embracing the emotion is all you need to do in that moment. And the final sixth step is be open to a different outcome. We memorize emotions, and we will continue to beat that frickin dead horse. And we will anchor it in, anchored in anchored in. Recognize when you're doing that I called self flagellation, man. Yeah, it's like, recognize, why am I doing this to myself? Why? That's that self compassion and kindness you really want to cultivate. We're so busy giving it to others compassion and kindness. We never think to give it to ourselves. And as a caregiver, you gotta give it to yourself. Because in that moment that others can't give it to you. And you're in this journey as can can be very lonely. So, your your best friend, your you're the person who consults you, you're the person who you want to cultivate this very deep, mindful relationship with self, and to something greater than yourself. I don't care how you define that. But when we just said, I'm not my emotions, I'm much larger, you're connected to something greater than yourself and the breath that breathes you, you don't breathe breath. Yeah. And so, you know, kind of put yourself in that space because you've got to pull from the depths. And you can't do it alone.

Rosanne 25:32

No, no, no. And it's, I'd like to name them like, 1,2,3,4,5,6. So that even if you just wrote them down and put them on your mirror, yeah, you know, so one would be turned towards it, right?

Nancy Gentle Boudrie 25:50

Uh, huh. Two is Id it? idea?

Rosanne 25:54

Okay.

Nancy Gentle Boudrie 25:55

Identify that emotion. acknowledge what is.

Rosanne 26:01

That's three.

Nancy Gentle Boudrie 26:03

Realize the impermanence of all emotion. Yep. And then at a later time, you know, investigate and choose investigate. Oh, and then choose to get Yep. And choose. Yep. And then six is trust yourself to choose the appropriate response. So be open to a new outcome.

Rosanne 26:27

Oh, yeah. Yeah. Because that's hard. Go ahead.

Nancy Gentle Boudrie 26:31

Yeah. trusting yourself to choose, you know, you got to there's some there's some baggage and

Rosanne 26:39

Well, yeah. Yeah. Because, you know, we respond the way we always respond.

Nancy Gentile Boudrie 26:44

Right.

Rosanne 26:44

And that may not serve us. And part of, you know, I truly believe when you go through this caregiver journey, you are different at the end than when you were at the beginning. And it's because you have to find ways to help yourself throughout. Yeah. And it's it, I think it's important to realize that we're not trying to fix these emotions. And these emotions aren't a problem. They're just emotions. And I don't mean to say just because they're big, and they hurt us at times, and, and they're hard to maneuver through but we have to, we have to give ourselves permission to to give ourselves the compassion that we need.

Nancy Gentle Boudrie 27:24

Correct. That's that whole give ourselves grace. Yeah. You know, it's like, we get caught up in emotions. And we also we have a memorized I call it a dance, even with the person that you're caregiving. So you want to cultivate a conscious awareness of that dance, you have choice, you're part of it. So if you want to change the cadence, you want to change it. You can you hold the power to that end of the stick.

Rosanne 27:58

Yeah, by by doing this, yeah, by doing this,

Nancy Gentle Boudrie 28:02

And you enhance the relationship. By doing this. I tell people all the time, you know, when when I'm coaching people that are in unhealthy marriage or something, and then the first thing they say to me, and I'm Nancy, I want to divorce my spouse, and I'm in an unhealthy and I go, can we, you know, you're here now, can I work on you first, before you make this life decision, because nine times out of 10, its improvement of self is a ripple effect. Right? And so that's what we're trying to do this, this situation is very taxing, very challenging, and understanding your needs. And what you know, I want to be very gentle on this. But you suffering is not a badge of honor. It's It's unfortunate. We were in a culture that

has bred that. But at the end of the day, you're going to be it's not pretty. So you can do this with grace and ease. Now, I don't mean physical ease. But how about peace of mind? Yeah, physically, mentally, emotionally, resilience. So you gotta meet your physical needs your emotional support your mental state of being? Yeah, that's what I'm encouraging here. What do I need? I know, when I dial into that, what do I need to give myself?

Rosanne 29:31

Right and if you don't have an answer, sit with it. You sit with it right?

Nancy Gentle Boudrie 29:36

Right. You know, and that's what I love when you sin. The strangest things happen, right? Right. All of a sudden, you hear something you never heard before you look over the coffee table and you see a book that has a certain word on it or something. You know, it's those synchronistic moments and the power and the pause, taking that pause.

Rosanne 29:58

And I wonder if that's what prevents some people from taking that pause because they're afraid of what they're going to hear or what they're going to see or what they're going to feel.

Nancy Gentle Boudrie 30:07

Correct. Oh, so 100% And like I just said, like, when you hear those statements, yeah, I don't, you know, just give every ounce of my being to my mom. I've done her a disservice. Right? And then go, now, what does that mean? Right? Yeah, programming is that?

Rosanne 30:31

Well, yeah, yeah. And it's hard because then at that point, you can't really, it's almost too much to think, well, how am I going to change this? Well, then I don't want to I can't go back to try to figure out why I feel these this way. Right. So then I'm not gonna think about anything. And then you're still in that circle. Right?

Nancy Gentle Boudrie 30:51

Right. Right. I'm gonna eat these cookies.

Rosanne 30:55

Exactly. Yes. Yep.

Nancy Gentle Boudrie 30:58

Right?

Rosanne 30:58

Yeah, I'm gonna eat these cookies. I'm gonna smoke this pack of cigarettes. I'm gonna drink this yeah, I'm gonna whatever

Nancy Gentle Boudrie 31:04

I'm drink this some of this wine. I know. It's It's, yeah. So the whole thing is, we want to really encourage people, this is not the big black hole. It really isn't. The whole thrust here is you are not your emotions. We have a programming that makes emotions scary, because we don't want to feel something

unpleasant. But how's that working for you? Because you're already in an unpleasant situation. Right? So what if you could navigate recognizing in mindfulness, we, we actually try to get it to a place to call it the art of detachment. And detachment doesn't mean being aloof, it means I'm able to really see the joyfilled moments. And I'm also seeing the pain filled moments. And I recognize I gotta have both. We're species that feels you can't have this euphoria, moment of joy, without a sadness. And so this is also nothing we get kind of messed up with. We won't allow ourselves to feel joy. We won't allow, because we don't like the swings. But guess what, we this is who we are, we have to hold a positive experience 12 to 23 seconds is some craziness, before it becomes a long term memory. A negative one lodges immediately.

Rosanne 32:28

Oh that's lovely.

Nancy Gentle Boudrie 32:30

That's why we would they call it negativity bias. We are wired to be negative. So you have to take that moment. Like one time we were sitting at the dinner table, animals, my kids, and I'm an empty nester. And they were all here. And it's very rare. And I was just sitting there and my husband looked down the table and he goes, what do you do? A heat I looked like I was in lala land, right? I was like, I am smelling it. I'm engaging my senses. I was engaging all the senses in that moment. And why I wanted to be able to call that up that quick coherence technique. I wanted to call it up when I'm having a yucky day, or a pity party for myself or whatever. I want to remember that dinner table with all those people sitting around it. What it smelled like, what I heard, what I saw what I felt.

Rosanne 33:25

That's fantastic. Yeah. I love that. And I see that because, you know, there's so much of life. It's it's an and, right? It's, it's happy and sad. It's it's joyful and heartbreaking. And they all just exist, they just do. But we can't beat ourselves up about feeling any of them. And they're like, Yeah, you just right. You said something that that's that struck me it's detachment, but it's not dissociation. They are two very different things.

Nancy Gentile Boudrie 33:58

Very different.

Rosanne 33:59

Can you can you talk to me about that a little bit.

Nancy Gentle Boudrie 34:02

So when I teach the art of detachment from a mindful perspective, Mindfulness means we, you know, we see it for what it is right? Curiosity and non judgment. So we have to accept what is we have to see it, it's here. So, Detachment means I, you know, well, mindful acceptance means I don't have to like it. I don't have to agree with it. I just have to accept what is and when we accept what is we begin to witness what's happening as opposed to being a master. So the art of detachment is learning how to pivot and be in that space. Okay. So that's that getting harnessing the power of witnessing what's going on being the observer when we practice a mindful meditation, or a mindful reflective exercise, and I encourage my clients to dial in what are you feeling in your Body, what are you feeling in your emotions? What are the thoughts what's happening in the external, you're taking like five minutes to really get in there and just observe, what you're doing is you're teaching yourself to be the observer,

okay, so that you're not enmeshed in the thought you see the thoughts, like you see the thoughts that are running through your head. Okay, and then you can even almost have a, you know, I've laughed at myself, because the thoughts that are running through my head.

Rosanne 35:26

Okay, so you're seeing them and you're like, Okay, gotcha. Okay, this is why I'm feeling this way. This is what exactly Alright, and

Nancy Gentle Boudrie 35:33

That one gal that I was telling you about that, that had extreme anxiety. What she's learning to do is if she's by herself, she talks out loud, whatever the thoughts are, and she hears them.

Rosanne 35:47

Like?

Nancy Gentle Boudrie 35:47

They're kind of ludicrous, right,

Rosanne 35:49

Right. When you say them out loud, you're like, Oh, now this is that. Why am I Yeah,

Nancy Gentle Boudrie 35:53

Why am I even thinking that?

Rosanne 35:54

Right? Right. But with no judgment,

Nancy Gentile Boudrie 35:56

With no judgment, just going, Oh, that's interesting. Do I believe that? Is that truth? Is that truth? Is it a fact? Or is it a perception? Okay. And, and if you're, you know, she said she would speak to her husband, and he's learned to just hold space, because he knows her chronic anxiety. So he goes, Well, that's not true. Like, he's just a sounding board, right.

Rosanne 36:23

And you can do this yourself.

Nancy Gentle Boudrie 36:25

You can do this yourself.

Rosanne 36:26

Okay. Okay. Versus disassociation, which is?

Nancy Gentle Boudrie 36:31

Which is where disassociate, you know, you're just numbing yourself, you're trying to figure out how to avoid, right? So whatever that takes, whether I just started trying to do something else, you know, what he, whatever it is very important. We are also a society, that now you hear this all the time, I'm disconnected between my emotions and my physical body, right? So you're probably if you're in this

mode, and this is all resonating, you got to build that connect, or again, just be aware, you might not even like, at the beginning, when I started working with people, and I said, Okay, how is it dialing in your emotions? Honestly, I couldn't tell you what I was feeling. Yeah, that. So just be very cognizant that that's very normal. Because you disconnected the mind body connection. Your body is the best mind reader ever. But this is all backed by research. So very, very fascinating. So you start even doing simple exercises, like, Okay, let me feel my toes, and let me feel, they call it a body scan, just sit there and you just kind of come up the body, that is a great engagement, of starting to get dialed back in to your body. Because your body is the best mind reader ever. The cells are holding, and you'll actually, if you allow and hold space, you it might conjure up emotion.

Rosanne 37:56

Right, which is which nobody really wants to deal with. So it's that it's that circle.

Nancy Gentle Boudrie 38:02

Right.

Rosanne 38:03

Yeah, right. It's very interesting, because, you know, I really do think, as caregivers we get in that I'm doing I don't know, how are you feeling? I don't know. I mean, if anybody asks you how you're feeling. Let's be honest.

Nancy Gentle Boudrie 38:19

Exactly.

Rosanne 38:20

If anybody you know, and then you think you know what I couldn't you don't have enough time. So I'm just I'm fine. You know, though, that that dreaded fine.

Nancy Gentle Boudrie 38:30

Well, this is it. And you probably get tired of people asking you because you feel like they really don't care. They just are going through the motions because they're supposed to go through the motions. And you're like, can I just turn this recording on? Can I just turn?

Rosanne 38:43

Yeah, like it's fine. And right. But then that sets us up.

Nancy Gentle Boudrie 38:47

Yeah.

Rosanne 38:48

Because it we're not fine. And

Nancy Gentle Boudrie 38:50

No.

Rosanne 38:51

And that just kind of sits. So it's nice to know that we can reconnect with our bodies because it's it's important. And it really it happens to more more caregivers than you would think.

Nancy Gentle Boudrie 39:05

Yeah. And you want to encourage in those conversations, because, you know, have you ever noticed like, the one person you say you're fine, and then by the third person, you unleash the beast?

Rosanne 39:15

Absolutely, yes. Yeah. If it gets to the third person,

Nancy Gentle Boudrie 39:19

If it gets to the third person. Right, right. So this is why you want to process if you have to give the little dog and pony show yeah, say Yes, I'm fine. Like, you know what, I am not going to process that on you. Right. I want to process it. I want to do it myself. You know, but again, you're making a conscious choice. Yeah. I you know, and but, you know, in the role that I play, I will say, you know, when people I go well, you know, this week was a tough week, and they're like, for you. It was a tough week, right? I'm like, you asked me, I'm human. You know, it's like, let's let's, you know, stop the dog and pony show because let me show you No, it was difficult. Yup thanks. You know? Yep. But you have to get to that space.

Rosanne 40:05

Yeah. Well, and it's different when you're, you're, if you're honestly looking at it. And, you know, my this past Mother's Day was my mother's anniversary. I knew it was going to happen at some point. I didn't expect it to be so soon, but okay. And I really tried to sit and think, Okay, so, well, this kind of sucks.

Nancy Gentle Boudrie 40:28

Yeah.

Rosanne 40:30

So what is it? What what? You know, and, and sometimes it's pretty clear. Well, it's pretty obvious here what the, you know, it's a it's a double duty here.

Rosanne 40:39

But I found this year to be when I looked at it that way. Yeah, it was different. Because I didn't run away from it. I didn't say I can't think well, it's Mother's Day I can't.

Nancy Gentle Boudrie 40:39

Yeah.

Nancy Gentle Boudrie 40:53

No

Rosanne 40:54

Both of them happened at the same time. Right. And it's that fear of either going off the rails or being so emotional I think, that keeps us in these spaces. Well, I can't look at it because if I look at it,

Nancy Gentle Boudrie 41:12

Right

Rosanne 41:13

What? What's going to happen? You're not gonna turn to stone.

Nancy Gentle Boudrie 41:17

Right.

Rosanne 41:18

But it's hard to realize that you're not going to turn to stone.

Nancy Gentle Boudrie 41:21

Exactly.

Rosanne 41:22

You know? And I feel like this is very, it's very, it's great information here. And and I'm, I'm thankful for for you in sharing all of this, because it makes it less scary. Let me say that, it makes it less scary. So it's, you know, it's it's a positive and going forward, I think we can do this every day, we can do this in our daily lives. It's not going to take an hour.

Nancy Gentle Boudrie 41:48

No.

Rosanne 41:48

It's not going to take, you know, exorbitant amount of time that you're not going to be able to do this. You can do this when you're doing dishes, you can do this when you're brushing your teeth. You can do this when you're doing other things in your in your daily routine. Right.

Nancy Gentle Boudrie 42:01

Exactly. Exactly.

Rosanne 42:02

So, and it's okay. And it's okay. I think that's the other thing. Whatever comes up, it's okay. Yeah.

Nancy Gentle Boudrie 42:11

And we're looking to, you know, better manage your own well being respond to the challenges actively address your emotions without being consumed by them. Yes. And just remember taking care of yourself is the foundation for providing and sustaining compassionate care for that up that loved one. Yeah. Contrary to societal beliefs, or programming and beliefs. You have to take care of numero uno.

Rosanne 42:45

Yep. It starts with you.

Nancy Gentle Boudrie 42:47

And it starts with you.

Rosanne 42:48

And that's okay.

Nancy Gentle Boudrie 42:48

And this is not narcissism. This is not narcissism,

Rosanne 42:53

Final thoughts for a caregiver of a caregiver sitting in front of you. They're just like, I don't know how I just am going through this. And I'm not I'm pushing my emotions away. I don't have time to deal with them. I don't, I don't want to deal with them. What would you say to them?

Nancy Gentle Boudrie 43:09

I think I go back to that thing. i Why are you not good enough? Do you not deserve it? Do you think because I need to do this? Because I need to suffer? Like they. And listen to yourself. I want you to say it out loud to me. I want you to tell me why? Why you can't take a breath. Why you can't take a pulse. That's that hearing yourself. Because what we're asking you to do, it's not rocket science. And it and it's not difficult. But it is a habit. And it's something that has to be cultivated. So what I tell my clients all the time, it is your Mount Everest, right? But how important at the end of all this journey. If you could improve the way you show up, just pay a little bit and have a better peace of mind. At the end of that pivotal. That's what we're looking to cultivate and do. And you are worth it. And you are enough, and you should you should put yourself as a priority.

Rosanne 44:19

A big thank you to my guests, Nancy Gentle Boudrie. For more information about Nancy and free resources, visit her website. Awakenwithlight.com I hope you enjoyed our podcast today. Head over to Daughterhood.org and click on the podcast section for Show Notes including the full transcript and links to any resources and information from today's episode. You can find and review us on Apple podcasts or anywhere you listen to your podcasts. We are also on Facebook, Twitter, and Instagram at Daughterhood the podcast. Feel free to leave me a message and let me know what issues you may be facing and we'd like to hear more about or even If you just want to say hi, I'd love to hear from you. Also a very special thank you to Susan Rowe for our theme music, the instrumental version of her beautiful song Mamas Eyes from her album Lessons In Love. I hope you found what you were looking for today. Information, inspiration for even just a little company. This is Rosanne Corcoran. I hope you'll join me next time in Daughterhood.