

# BREAK 4 YOU

## BACKGROUND

Being a family caregiver is an emotionally stressful job combined with difficult life circumstances. The attention of the family caregiver will inevitably be directed toward the care and well-being of the pancreatic cancer patient, who is probably already in palliative care treatment.

For the caregiver, the sense of their own welfare and their perceptions of body and soul are pushed to the side. But exactly at that time, in these difficult life circumstances, it is so important to take care of oneself and to not disregard one's own needs!

## OBJECTIVES and AIMS of the project

**“Only when you care for yourself, you are able to care for someone else.”**

- IMPROVE quality of life of family caregivers
- DEVELOP self-awareness and LISTEN to your own needs
- STRENGTHEN self-confidence of caregivers
- IMPLEMENT easy and diverting mindfulness-training in daily routine



## METHODOLOGY

During the 5-week program, participants will learn to identify different types of emotional stress (such as helplessness and fear, excessive demands or grief and depression). They will gain insights into different types of relaxation techniques and the basics of mindfulness-training. At the end of the program, they should have a variety of strategies and exercises to cope with the emotionally stressful job of being a family caregiver.

### KICK-OFF EVENT

Roadshow in selected cities (Vienna, Linz, Innsbruck) with presentation of the BREAK 4 YOU concept and the SELPERS online tool. Explanation and practice of different relaxation techniques. Completion of a self-assessment of current stress level.

### INITIAL PHASE

Participants register for the 5-week online course, and get the support of a qualified psychologist for individual coaching calls if needed.

### FOLLOW-UP

Self-guided continuation of the training program and an expert support line on demand. Completion of a self-assessment of current stress level at course completion.

## PROJECTED OUTCOME

By being conscious, it is possible to set limits between your surroundings and being yourself. Participants of the program will perceive excessive demands earlier and will be able to avoid them.<sup>1</sup>

- Better awareness, interpretation and regulation of emotions
- Relating sensitively and being kind to yourself
- Increased perception of your own needs
- Better concentration and focus on yourself
- Higher stress resistance and faster recovery
- Focus on the here and now

## METRICS

- Completion of a self-assessment of current stress level and health as part of the kick-off/registration and after completion of the online tool
- Number of calls into the expert support line
- Qualitative feedback from participants during individual coaching calls

## TIMELINES

- May – September 2019: Nationwide kick-off meetings
- May – December 2019: Individual online registration of participants and start of the 5-week program. Expert support line available for calls once a week and individual coaching calls on demand. Self-guided online training.
- January 2020: Evaluation of feedback questionnaires and adaptation of the program, if needed.

## CONTACT AUSTRIAN Patient Advocacy Group

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### REFERENCES

1) Ludwig-Maximilian University, Hospital for palliative medicine: "Mindfulness as an effective factor in the evaluation of an intervention group for relatives of palliative care patients" (German): [https://edoc.ub.uni-muenchen.de/15869/1/Koegler\\_Monika.pdf](https://edoc.ub.uni-muenchen.de/15869/1/Koegler_Monika.pdf)

Drawing adapted by Simon (8 yrs. old) from Henck van Bilsen, Cognitive Behavior Therapist and Clinical Psychologist.