

Adult Day Self-Care Newsletter

July 2022

Therapeutic Recreation Week

We invite you to join us in celebrating the important work of recreation therapists during the second week of July. Of course, recreation therapists can (and should) be appreciated every week, but this special week was set aside in 1984 by the National Therapeutic Recreation Society.¹ At COPSA, we agree with the recreational therapy definition of health as including a focus on all aspects of life, including social and leisure development, to support full and independent participation in life pursuits that provide meaning and quality of life. While people attending Adult Day Centers are there because some limitations prevent full and independent participation, recreation therapists and other Adult Day staff provide activities and supports that build on a person's strengths and past, present, and future interests. So, here's a great big shout out and a huge thank you to the recreation therapists!

The Value of Leisure Activities

Summer is here—a time for rest and relaxation for many of us, as we enjoy a summer vacation. While a couple of weeks off can feel luxurious, the US is not near the top of paid time off for workers.² In Austria, workers get 25 days off (not counting public holidays). France, Spain, and South Korea have similarly generous annual leave time.

Leisure activities have many benefits. They can lower blood pressure, reduce risk of depression, provide a sense of control, and build social connections. Unfortunately, some people believe that leisure is wasteful—a belief that may be reinforced by a work-focused culture. Recent research³ suggests that believing leisure is wasteful gets in the way of enjoying leisure activities and reaping their benefits!

So, remind yourself that time off is worthwhile, whether it's a relaxing lunch break, an evening out with friends, or a summer vacation. It's good for your health and, besides, you deserve it!

² May 2022 [Travel & Leisure](#) magazine

³ Tonietto, G. et al. (2021) Viewing leisure as wasteful undermines enjoyment. *J of Experimental Social Psychology*, 97, 104198.



Online Training for Adult Day

We are in the process of updating our website, which includes posting new videos for our [Foundations training](#), designed specifically for staff in Adult Day Centers. The videos accompany our manual, which, like the videos, is free for you to download. Reach out to us with questions or feedback!

¹ The National Therapeutic Recreation Society was a branch of the National Recreation and Parks Association until 2010, when all NRPA branches were dissolved. For more info on Recreational Therapy, visit the [ARTA website](#).

Leisure Activities: An Antidote to Burnout

Human services workers, including medical professionals, are at risk of burnout in the best of times. The pandemic and stressful world events have added to the emotional burden. Lately, we have heard from providers who work with older adults, including people with memory loss, that they have felt overlooked and unsupported. Through this newsletter, our website, and COPSA educational activities, we aim to validate the importance of the work you do and to provide resources and supports.

Healthy escapes: Taking a break at work is no more a waste of time than stopping to put gas in our car when the tank is almost empty. It is necessary.⁴ Healthy escapes outside of work are important, too. Creative activities, music, gardening, sports, or any satisfying leisure activity that shifts your focus can help.

Challenge yourself: Experts suggest that the activities that help someone detach from work prevent and relieve burnout. Activities that work well share common characteristics.⁵

First, they involve some challenge or skill-building, which leads to a sense of control and mastery. When you don't see accomplishments at work, it's beneficial to build them into your non-work activities. For example, try a new recipe, or learn about another culture—something to stretch you without being too difficult.

Second, leisure activities that involve social connection are healing. Spending time with supportive others contributes to resilience (the ability to bounce back from difficulties). Your leisure activities also provide topics for conversations, even when you do them alone!

That's the essence of *therapeutic* recreation!

⁴ Quote from Norcross & Guy. (2007). *Leaving it at the office*.

⁵ Chen et al. (2021). Effects of a hospital-based leisure activities program on nurses' stress.... *J of Nursing Manag.* 30, 243-251.

For More Information

If you are curious about our upcoming webinar on Decision Fatigue, you can learn more from our [April 2022 newsletter](#).

Check out our [downloadable resources](#) for Adult Day Center activities, including a summertime reminiscing activity.

Both professional and family caregivers benefit from self-care. There are many aspects of wellness that you can focus on, depending on your current needs. The [Caregiver Support Services website](#) includes a collection of wellness tips as well as guided meditations on coping with loneliness, healing our relationships, and a peaceful 30-minute nature meditation video.

If you complete the [Mindful Self-Care Assessment](#) (developed by SUNY-Buffalo), you will receive a report with your scores and a set of personalized tips for planning better self-care.

As always, you can access the Self-Care resources on our website for free.

Self-Care for Professional Caregivers
www.care2caregivers.com/self-care

Upcoming Caregiver Education 2022

"I Can't Make One More Decision!"
Preventing and Managing Caregiver
Decision Fatigue
July 27, 2022 1:00 pm
Click [HERE](#) to register

Forgiveness & Caregiving
August 24, 2022 1:00 pm
Click [HERE](#) to register

For more info email Mary Catherine:
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or call Care2Caregivers at 890-424-2494



visit our website www.care2caregivers.com for information on caregiver support groups

1-800-424-2494