

ShareCare Notes
Institute for Disability Studies
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1. Emotional Recovery Resources

The University Counseling Center at Southern Miss has posted helpful mental health information in the aftermath of Hurricane Katrina. The "stress response" can last for days or even weeks once a person has gotten past immediate survival needs. Many of us are experiencing these feelings of difficulty concentrating, sleeping, and being fatigued. Some persons may experience these symptoms more intensely depending upon the degree of loss, his/her ability to deal with stress, and unique set of circumstances, such as being a caregiver who already experiences daily stress. The Web site offers steps to help regain a sense of wellness and control, and suggests when to seek professional help. For more information see

http://www.usm.edu/counseling/hurricane_katrina.htm. The CDC offers suggestions as well. For their tips visit <http://www.bt.cdc.gov/masstrauma/copingpub.asp>.

2. Try Yoga

Don't forget Dr. Susan Bone at the Payne Center is offering free yoga classes at 12:15 p.m. on Wednesdays at the Payne Center on the Southern Miss campus. The classes are come-as-you-are and thanks to Dr. Bone are open to family caregivers.

3. Do You Have a Favorite Recovery Tip?

We are hearing interesting ways people are coping and recovering. Many people are finding it helpful to take a day off from clean-up and repairs and do something of a purely leisure nature. This weekend I saw several people engaging in "shopping therapy." Not many were making big purchases, but rather doing lots of visiting and inspecting the end of the season sales merchandise. (If you're over 60, the Salvation Army Thrift Shop has 50% off on Wednesday.) Others are enjoying the reassurance of watching the birds and butterflies going about their very routine, natural day as if nothing is different. Consultants such as Susie Mantrell offer interesting tips and thoughts about coping with loss, to read these visit <http://www.relaxintuit.com/tips/184/>. If you have found a simple way to heal and grow stronger, share it with us and we will pass all your suggestions along to our 100+ south Mississippi caregiver subscribers.

Project ShareCare, funded by the Area Agency on Aging, provides training, counseling and support groups for family caregivers in Forrest, Lamar, Marion, Perry and Jones counties.

Project ShareCare is sponsored by the Institute for Disability Studies (IDS), Mississippi's University Center for Excellence in Developmental Disabilities (UCEDD). IDS provides university training, community service activities, research, and information that promote the independence, productivity, and community inclusion of individuals with disabilities and their families. For more information about IDS, visit the Institute's Web site at www.ids.usm.edu or call 1-888-671-0051 (TTY). To make a tax-deductible gift to IDS for this and other projects, visit <http://www.ids.usm.edu/supportus.asp>.

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