

How carers avoid burnout
and thrive.

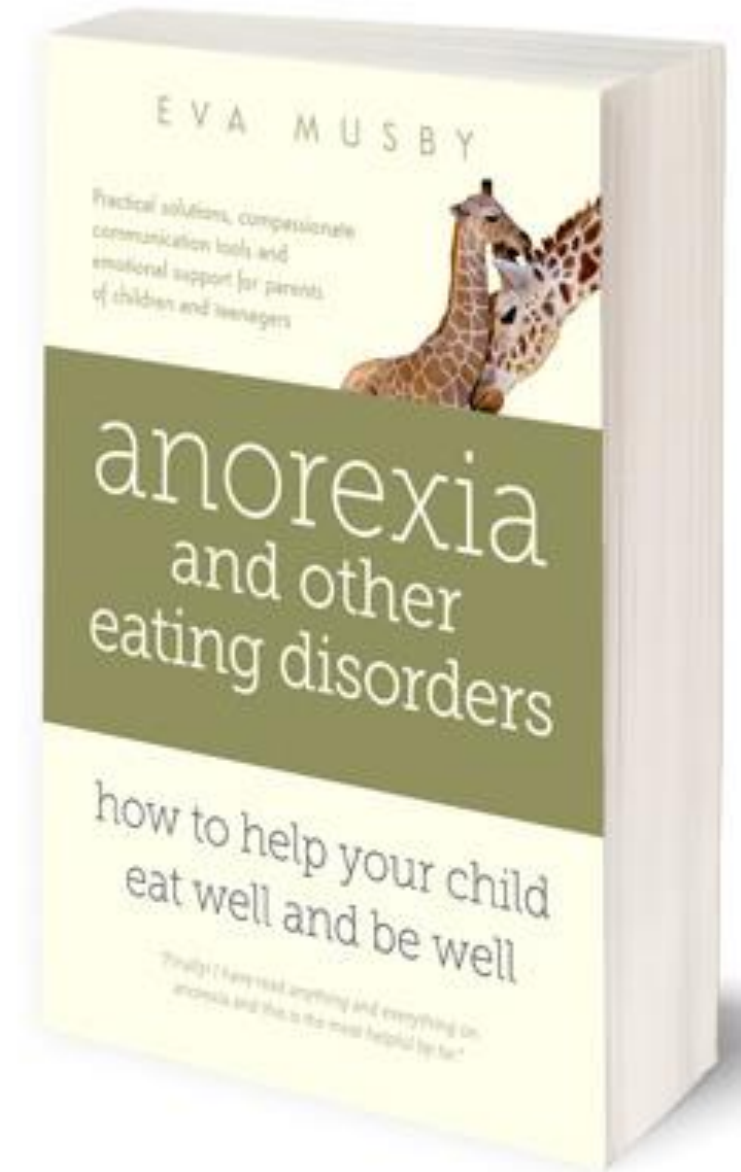
*Wisdom and hope from
the front line*

Eva Musby

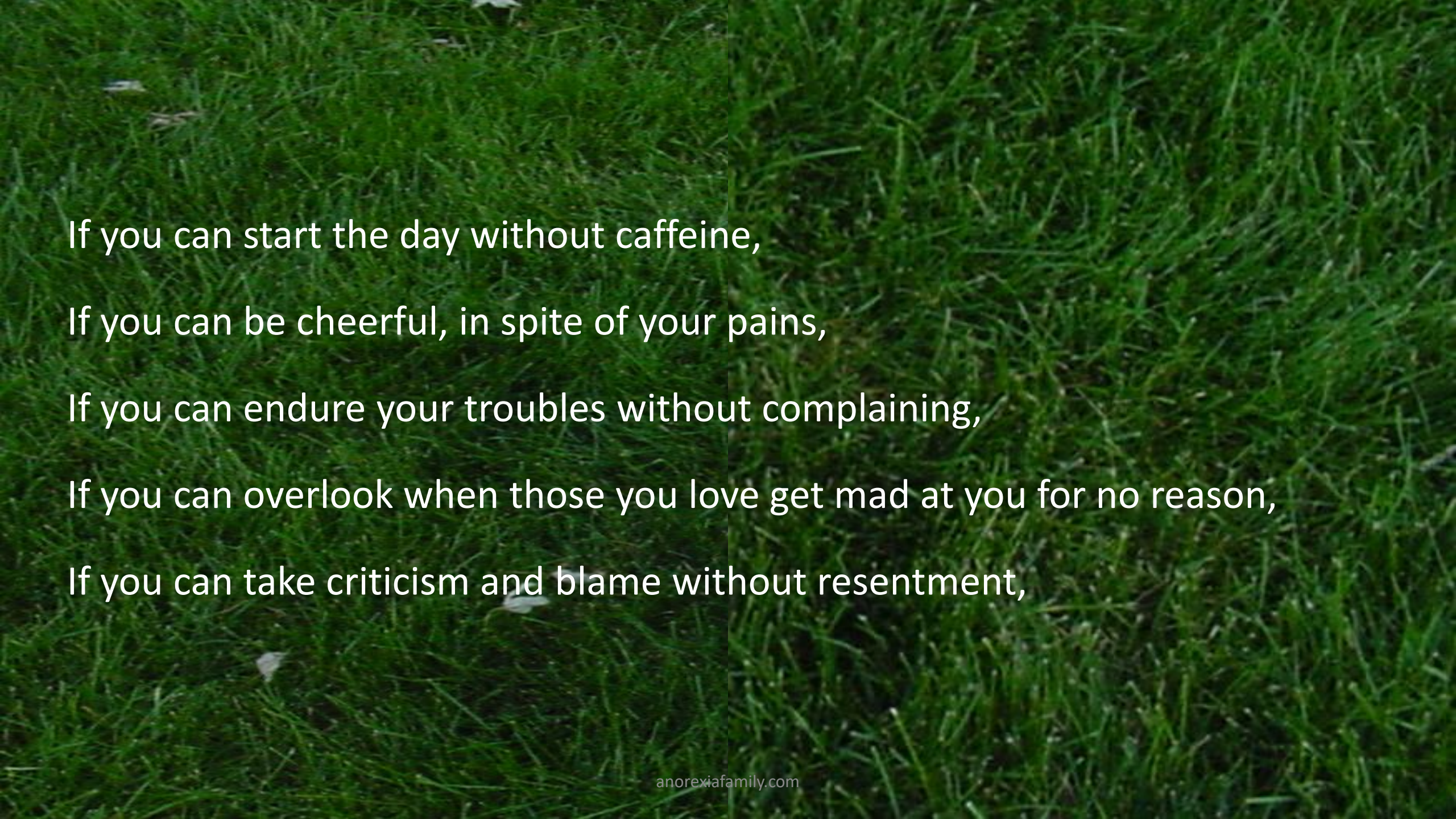
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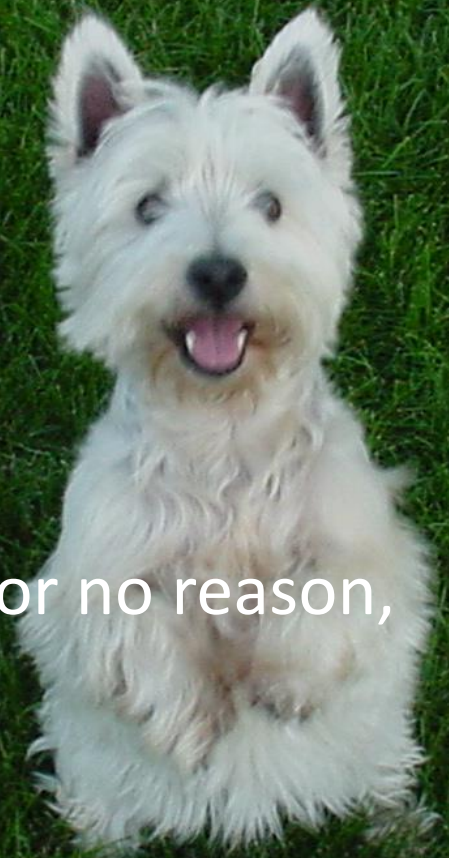
Description: Too often, carers (and therapists) are fed platitudes about self-care, leaving them even more alone. I aim to get you back in your power with compassion, psychological and wisdom tools, and the courageous vision of those who have travelled this path. Possible outcomes: from feeling less awful and avoiding PTSD, to greater long-term wellbeing. Clinicians, in addition to any personal benefits, you will see how parents' strengths can be brought to the fore.



If you can start the day without caffeine,
If you can be cheerful, in spite of your pains,
If you can endure your troubles without complaining,
If you can overlook when those you love get mad at you for no reason,
If you can take criticism and blame without resentment,

If you can start the day without caffeine,
If you can be cheerful, in spite of your pains,
If you can endure your troubles without complaining,
If you can overlook when those you love get mad at you for no reason,
If you can take criticism and blame without resentment...

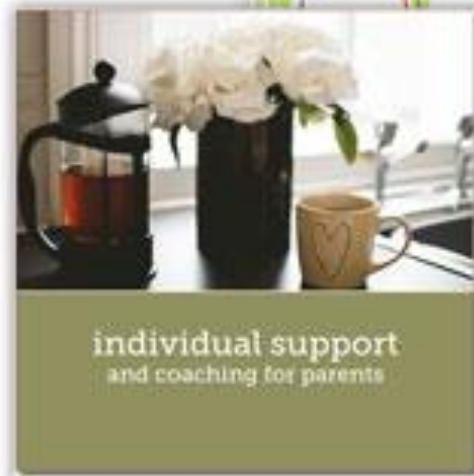
Then you are probably a dog



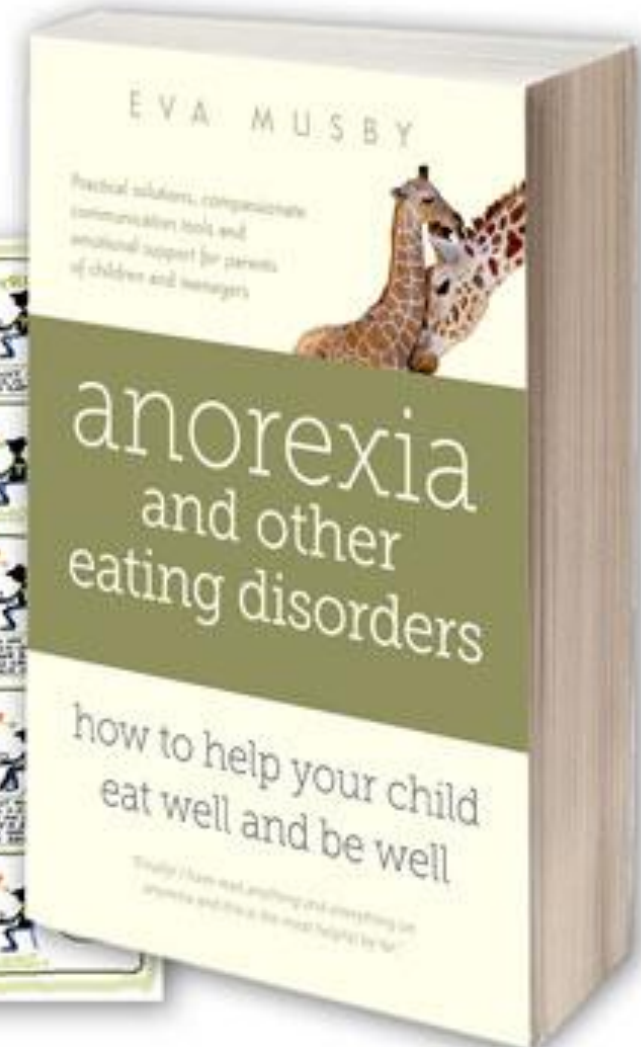


Description: Relaxation pause: stand, stretch, breathe, feet on ground, head high – connect to body. Look around for one thing you are appreciating – Gratitude is a tool for wellbeing

Eva Musby



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overwhelmed

I want to run away

constantly anxious

terrified

traumatised

suicidal

aggressive

guilty

fed up

angry

so isolated

broken-hearted

I cry all the time

exhausted

I have nothing left to give

overwhelmed

I want to run away

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I cry all the time

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I have nothing left to give

Description: Parents' experiences. I invite therapists to appreciate this as we may not reveal all this in sessions
I want parents to know all their reactions are normal

Clinicians



Description: How we need both top expertise and compassion from clinicians

How can I be joyful
when my child is unwell?!!

(Isn't it wrong?!!!)





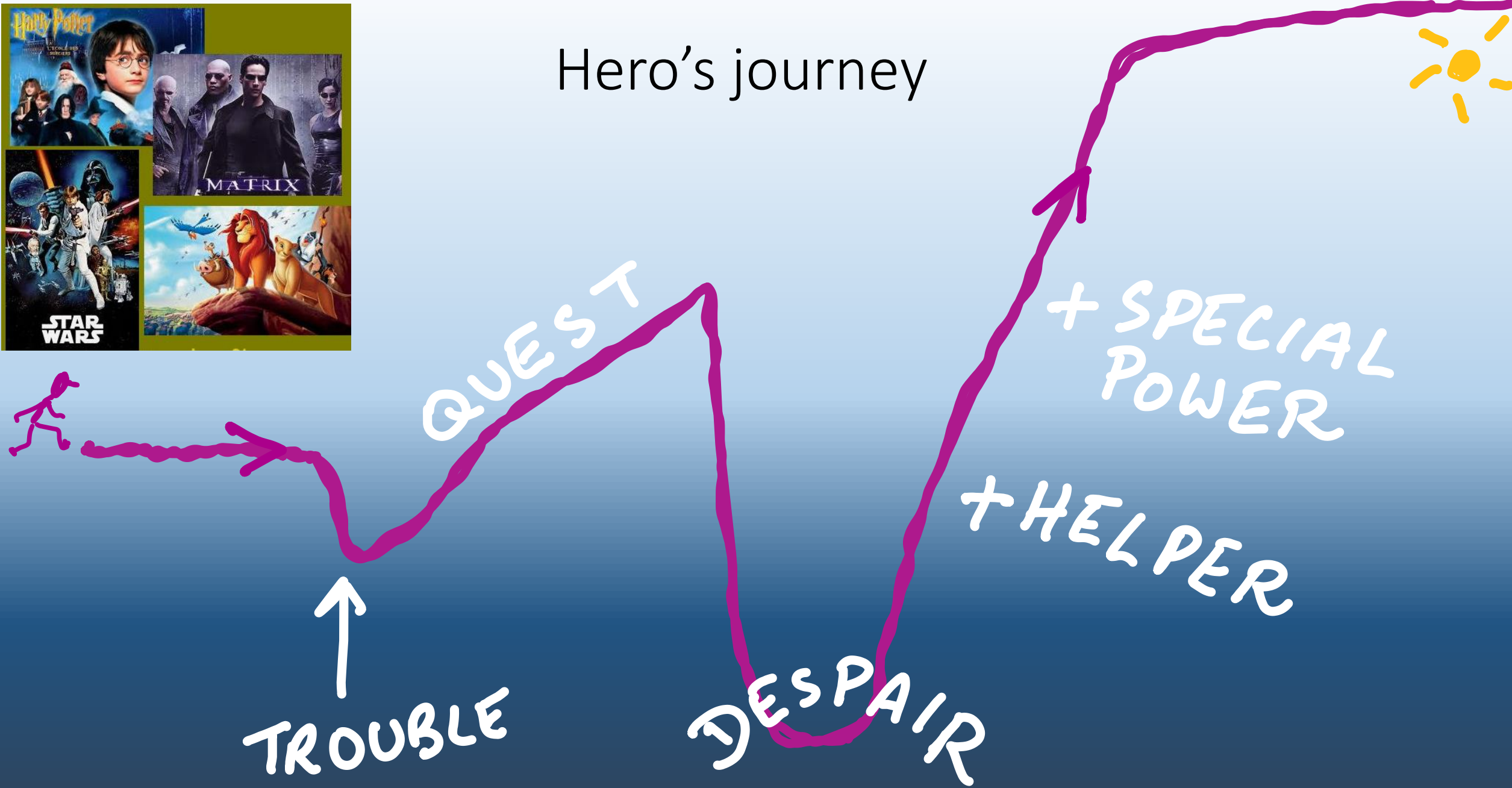
“At times our own light goes out and is rekindled by a spark from another person.

Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

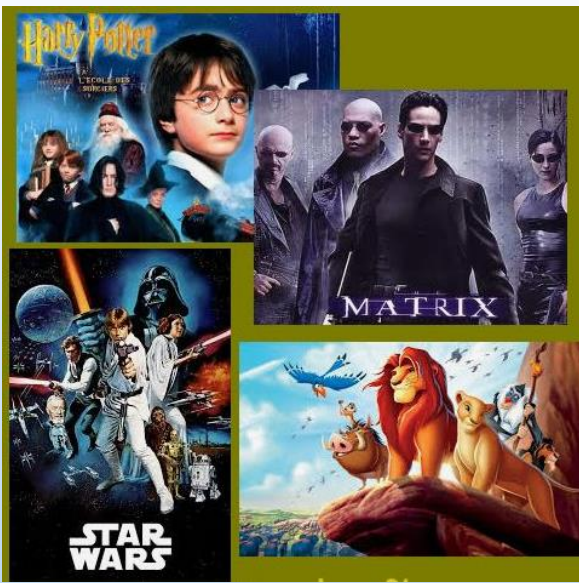
Albert Schweitzer



Hero's journey



Hero's journey



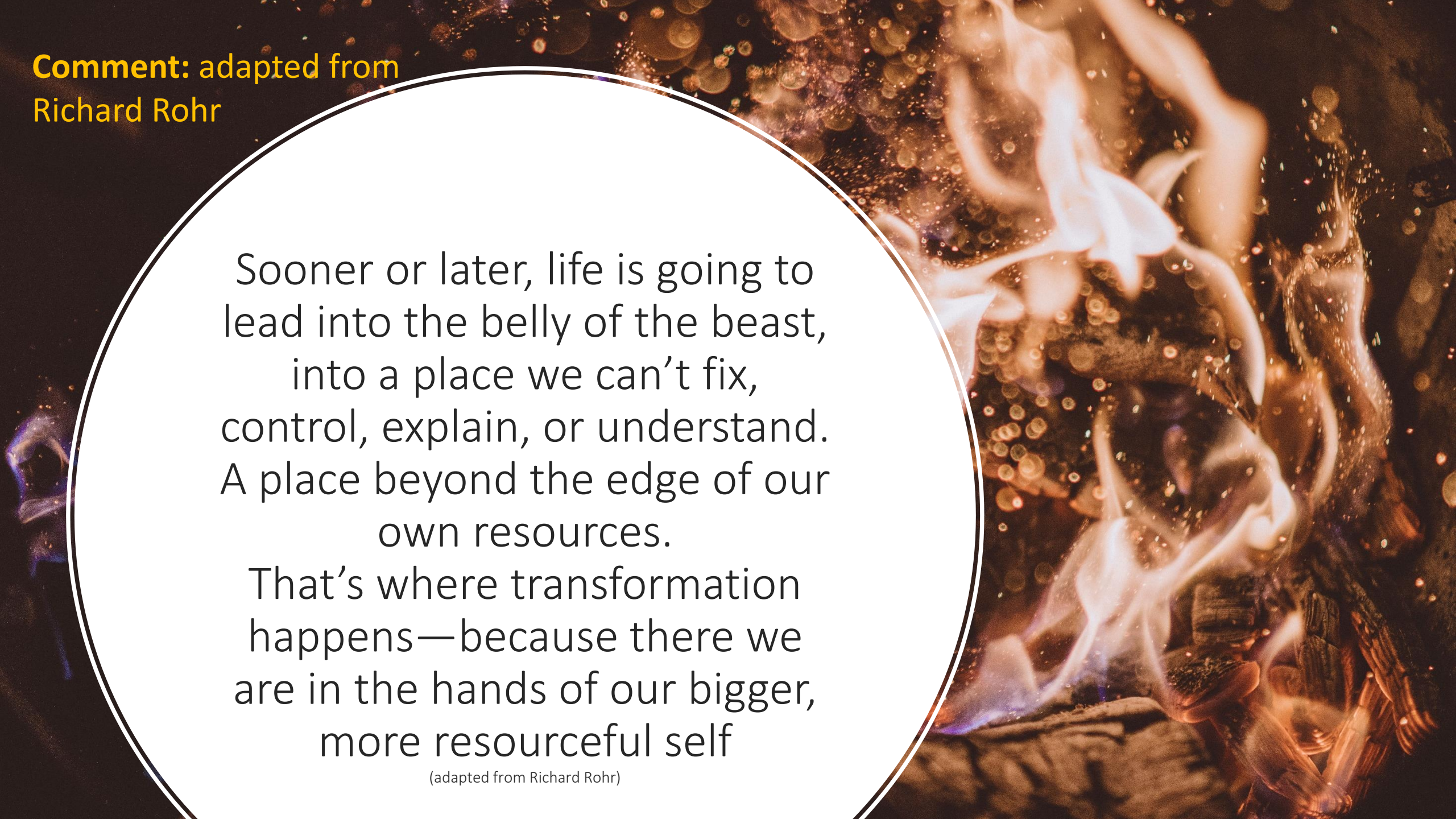
Comment: I am preparing a short YouTube on this.
Subscribe to my YouTube or website for news

Comment: adapted from
Richard Rohr

Sooner or later, life is going to
lead into the belly of the beast,
into a place we can't fix,
control, explain, or understand.
A place beyond the edge of our
own resources.

That's where transformation
happens—because there we
are in the hands of our bigger,
more resourceful self

(adapted from Richard Rohr)



We call it “finding meaning” but we might better call it “forging meaning”

Comment: I so recommend this beautiful and uplifting talk
<https://youtu.be/RiM5a-vaNkg>

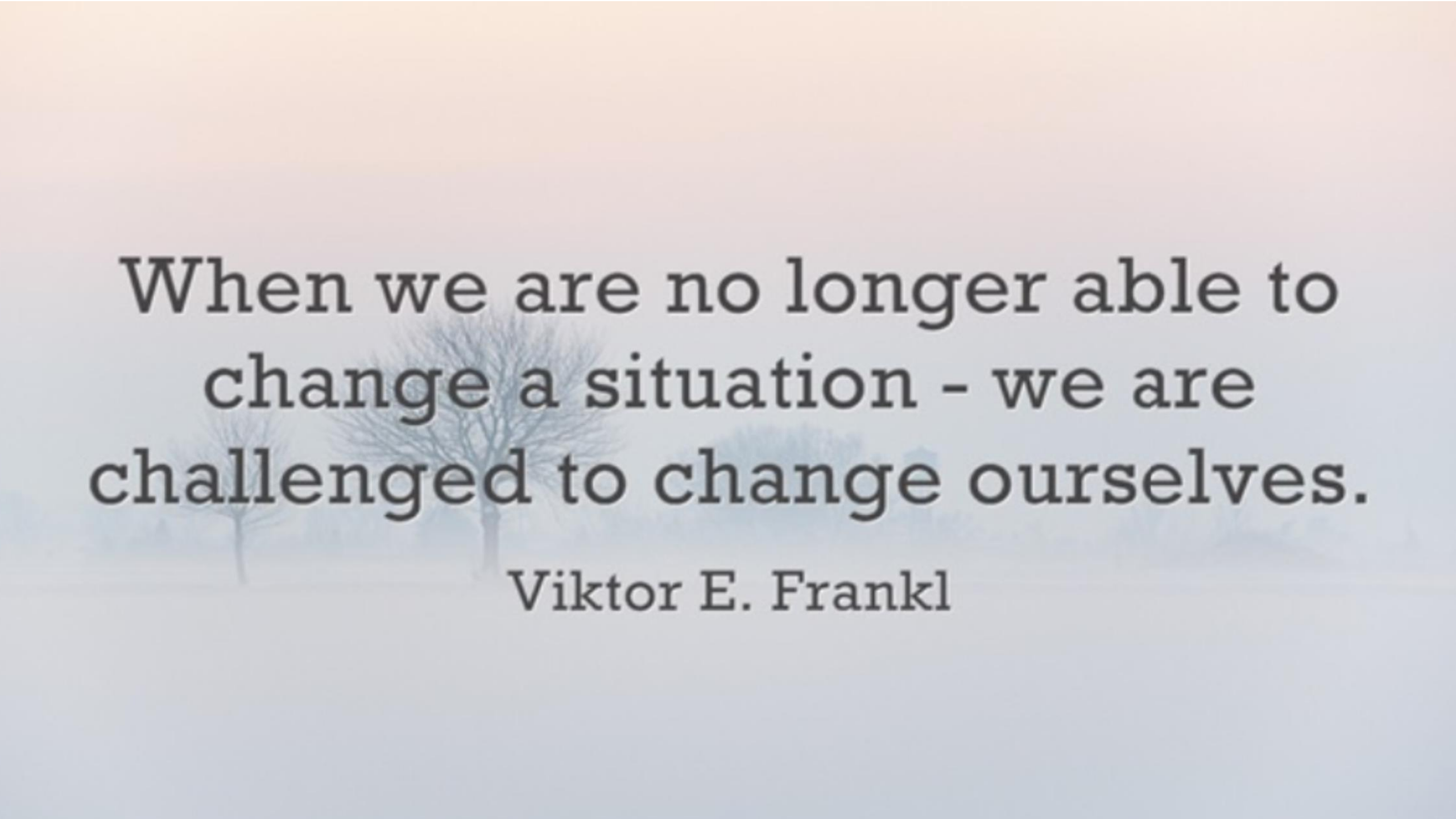
ANDREW SOLOMON



0:15 / 20:27



How the worst moments in our lives make us who we are | Andrew Solomon

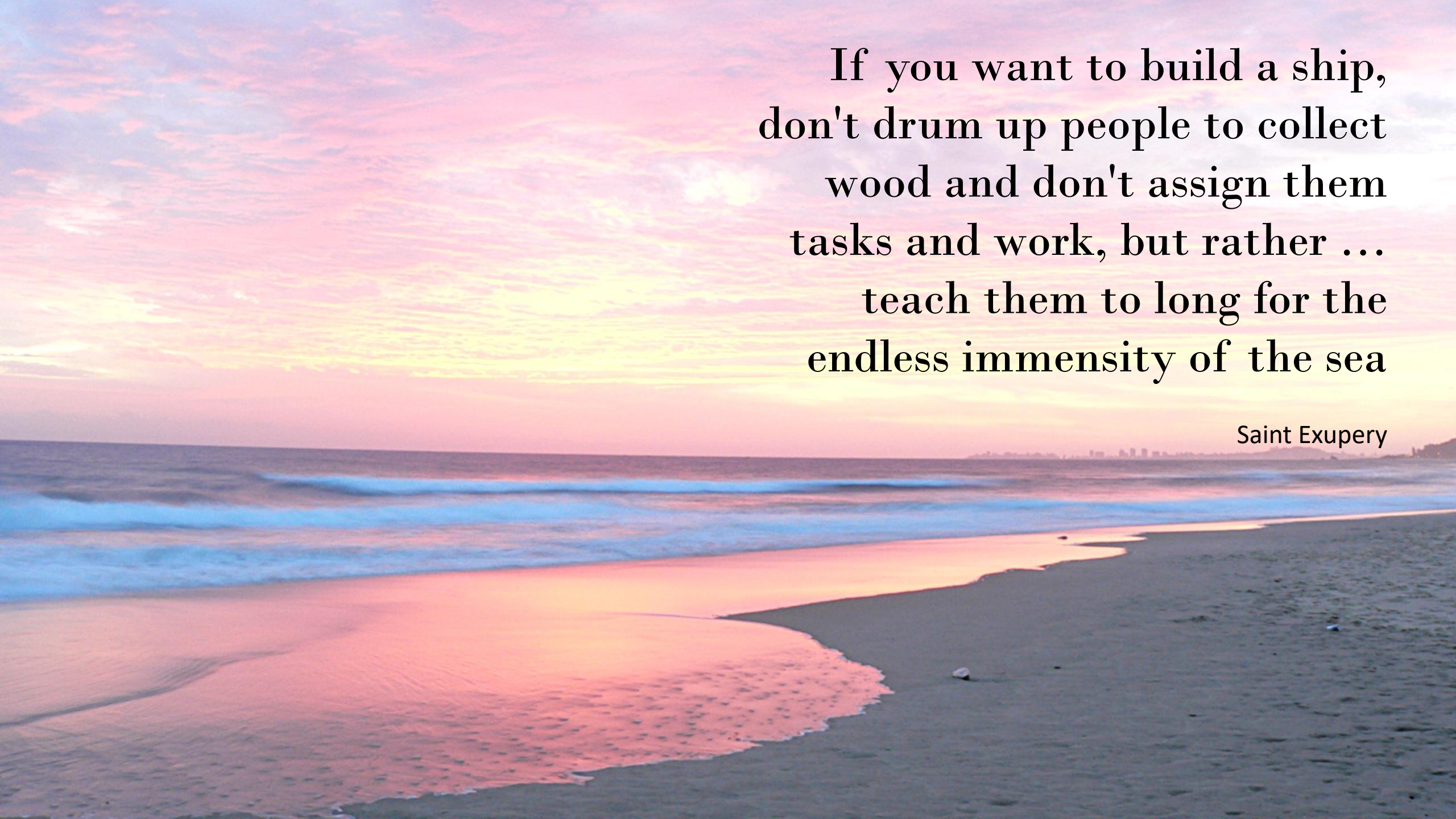
A background image of a misty or foggy landscape with several bare trees. The scene is soft and atmospheric, with a light color palette of greys and blues.

When we are no longer able to
change a situation - we are
challenged to change ourselves.

Viktor E. Frankl

Comment:
human need
central the
“Nonviolence”
Commjuni



A wide-angle photograph of a beach at sunset. The sky is a mix of soft pinks, purples, and yellows, with wispy clouds. The sun is low on the horizon, casting a warm glow. The ocean has gentle waves with white foam washing onto a sandy beach. In the far distance, a city skyline is visible against the horizon. The overall mood is peaceful and contemplative.

If you want to build a ship,
don't drum up people to collect
wood and don't assign them
tasks and work, but rather ...
teach them to long for the
endless immensity of the sea

Saint Exupery

Description: Next I played a series of beautiful images which, to me, evoke deep human values or needs.

This is instead of telling people how they should do self-care – have the internal wisdom. It is sooooo annoying when people tell us what we need is a bubble bath!

I invited the audience to place a hand on their heart and attune to their experience.

“I invite you to notice what’s going on for you. Physical sensations... Thoughts... A sense of what matters to you, that some of the images might have reminded you of. They might evoke things you appreciate, or things you long for. Like kindness or care, for example. Anything that moves you, that makes you fully alive.”

Description: This was a guided self-connection

Now that you've seen these images, I invite you to notice what's going on for you. Physical sensations... Thoughts...

A sense of what matters to you, that some of the images might have reminded you of. Like kindness or care, for example. Anything that moves you, that makes you fully alive. It may be present in your life, and perhaps you have a sense of gratitude for that.

Or it may be missing. Maybe you are touching on the grief of an unmet need, something very precious to you that you are missing terribly.

Stay with whatever is going on for you. Give it space. Give it all your kindness. The opposite would be closing up, bitterness, envy. Instead, I invite you to celebrate our humanity as we acknowledge these big things that matter to us.

Whatever speaks to you right now, let it soak into you and nourish you.

And I invite you to form a wish for yourself and for others, a kind of prayer, a blessing. May you have this precious quality in your life. May we all have it.

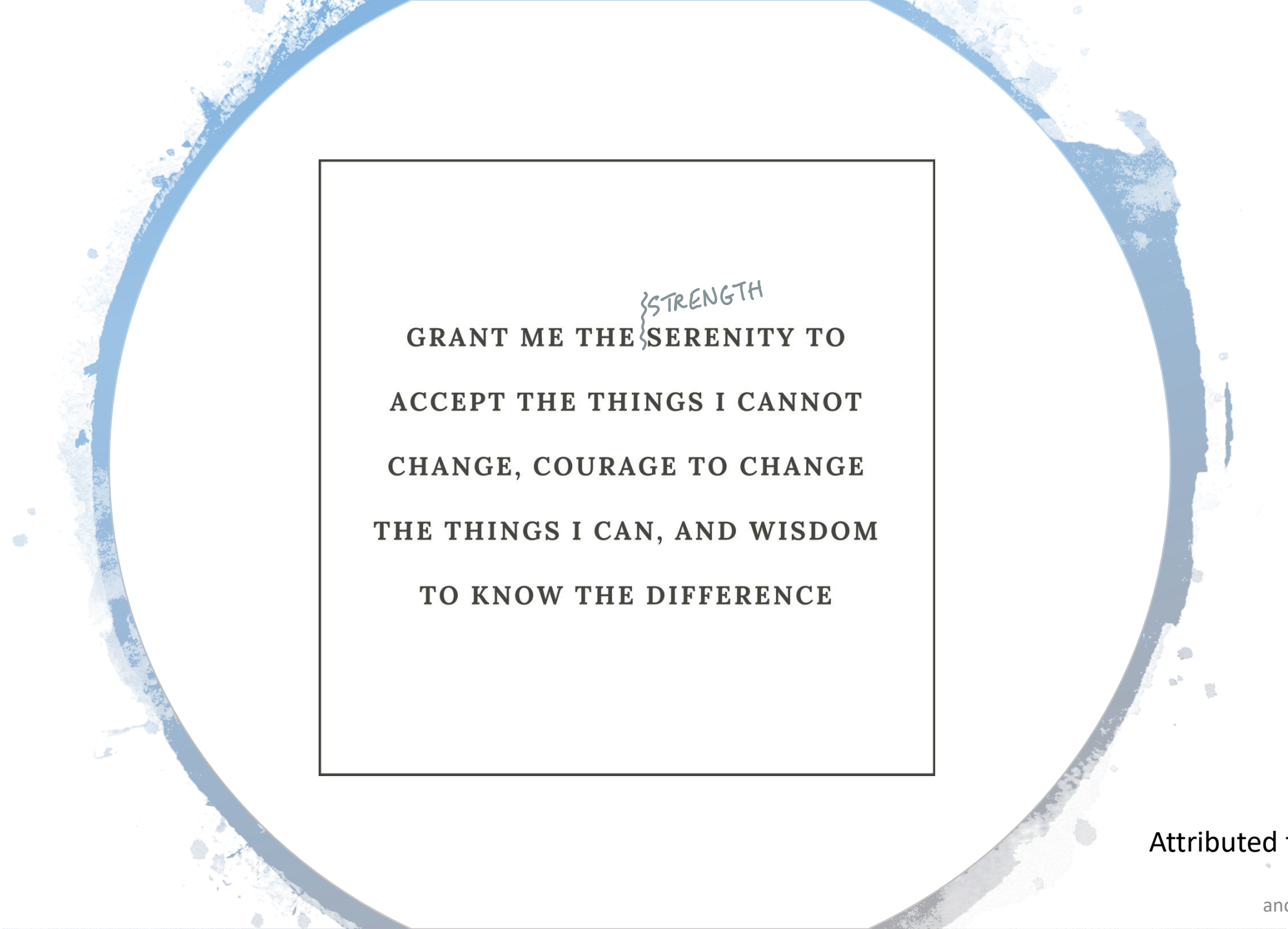


Needs that can't be met

Description: Connecting with the goodness of needs, met or unmet. There is power / beauty in celebrating that these things matter to us, whether they are met or not. We celebrate our humanity as we acknowledging these big things that matter to us. It's the opposite of bitterness or closing up or envy

I'm sorry, and I love you

Description: A shortcut template for self-compassion for unmet needs, and of course, the same applies to expressing compassion for your child



GRANT ME THE ^{STRENGTH}SERENITY TO
ACCEPT THE THINGS I CANNOT
CHANGE, COURAGE TO CHANGE
THE THINGS I CAN, AND WISDOM
TO KNOW THE DIFFERENCE

Attributed to Niebuhr

Description: Focusing on to a huge element of wellbeing: the need for connection.

As opposed to dogged self-sufficiency



My mind is like a bad neighbourhood

I try not to go there alone.



Support Services

You are never alone with your eating disorder. We are here to support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

See below to find out more about how we can help you.



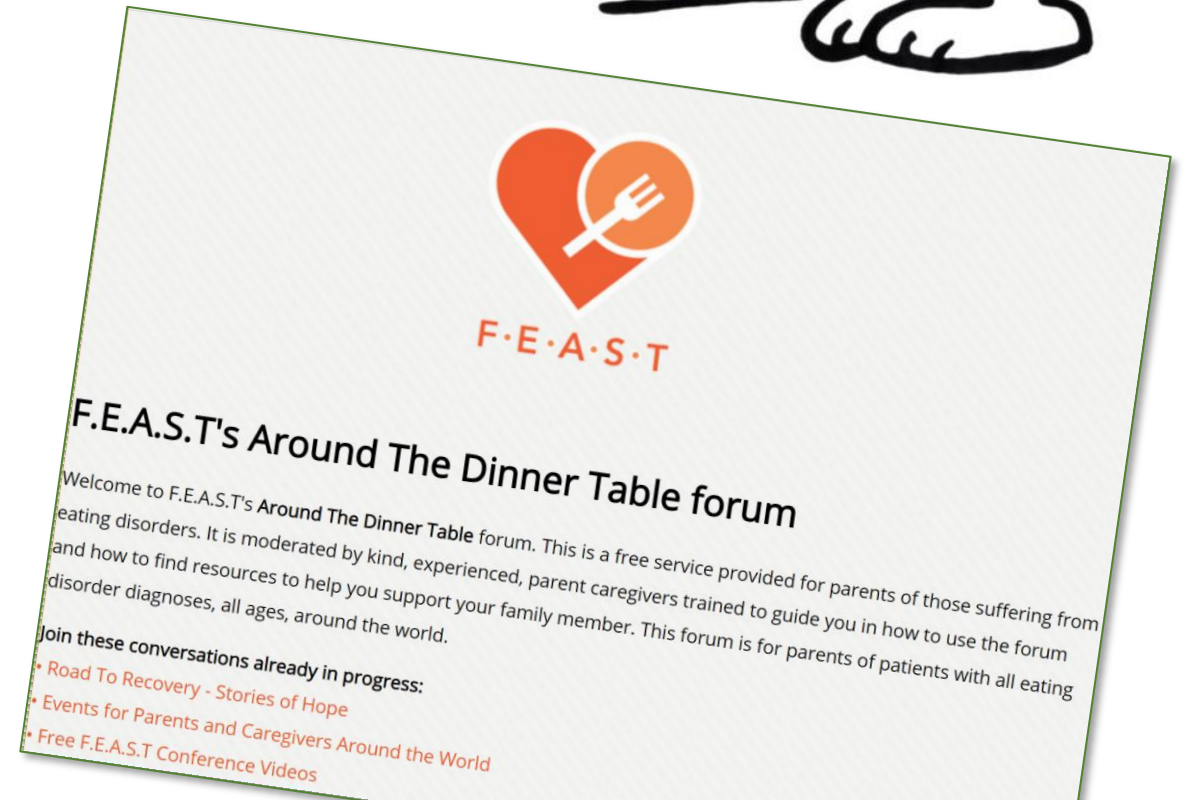
Online Support Groups

Helplines



EDPS

EATING DISORDER PARENT SUPPORT GROUP



F.E.A.S.T's Around The Dinner Table forum

Welcome to F.E.A.S.T's Around The Dinner Table forum. This is a free service provided for parents of those suffering from eating disorders. It is moderated by kind, experienced, parent caregivers trained to guide you in how to use the forum and how to find resources to help you support your family member. This forum is for parents of patients with all eating disorder diagnoses, all ages, around the world.

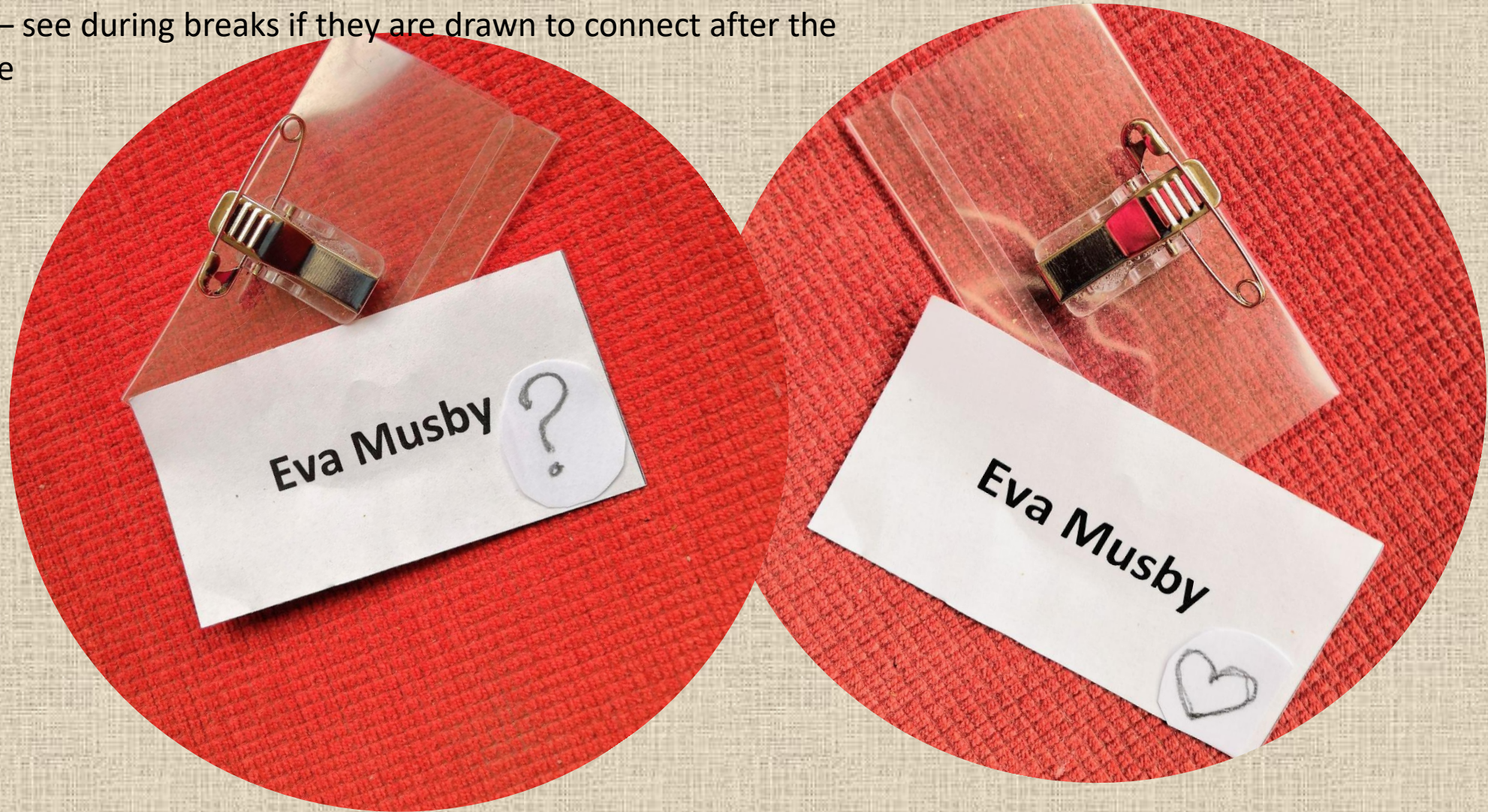
Join these conversations already in progress:

- Road To Recovery - Stories of Hope
- Events for Parents and Caregivers Around the World
- Free F.E.A.S.T Conference Videos

Connect



Description: I invite delegates to indicate if they would like to find someone who would support them, or if they are available to support someone – see during breaks if they are drawn to connect after the conference



Parents say....



Setting **time** aside every week for myself, unnegotiable. To do what I needed to do to recharge. Art galleries, cinema...

Connecting with **other parents** going through the same living hell ... so that you know you're not on your own and the experiences you are going through are perfectly normal

Walking my dogs and my **horse**... the amount of tears I've cried into his amazing neck is unmeasurable ... he listened and hugged me ...

Finding times outside the illness to still **enjoy** being with my daughter. Our animals helped both of us a lot.

At a time when you are 'forced' to stay at home, but feel the need to escape the claustrophobia, **gardening** helped. I edged the lawn borders, split plants, tidied up, sowed seeds. It was perfect.

I saw a **therapist**

I was **terrible** at self care in the crisis. Giving back after the storm has past, both as an advocate for better services and as a support to parents still in battle.

I had a bunch of friends **praying** for us all, which made a huge difference. I remember walking down the road once with a sensation of being almost carried.

I used to bury myself in **Harry Potter** well into the small hours

What helped me was the quote, 'It's a **marathon**, not a sprint'.

I did try hard to keep my inner voice positive. **Talking** to others going through the same journey helped with this.



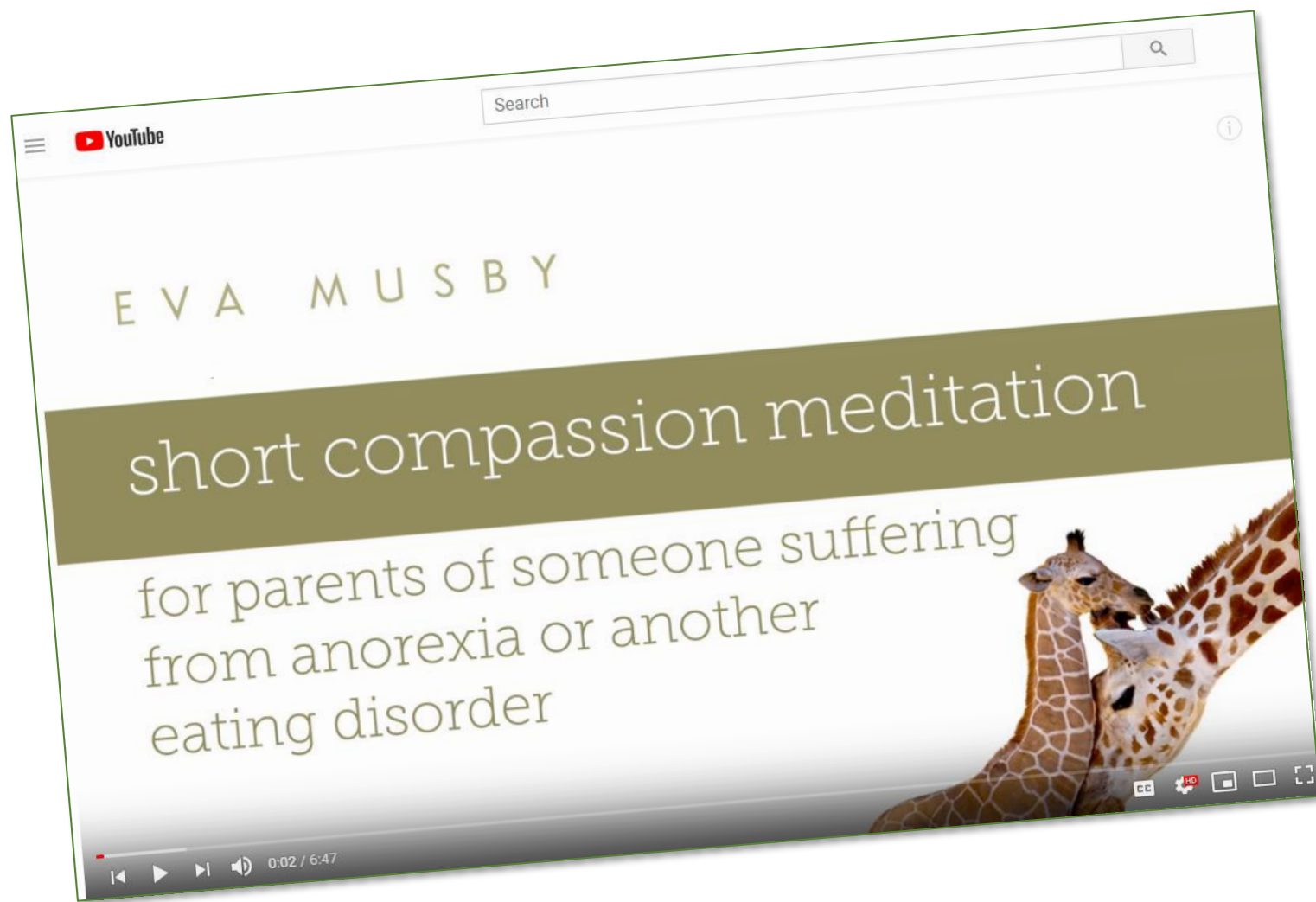
Invitation

Tell your neighbour 1 or 2 things you are moved to do to strengthen yourself

Instructions to neighbour: simply repeat what you heard

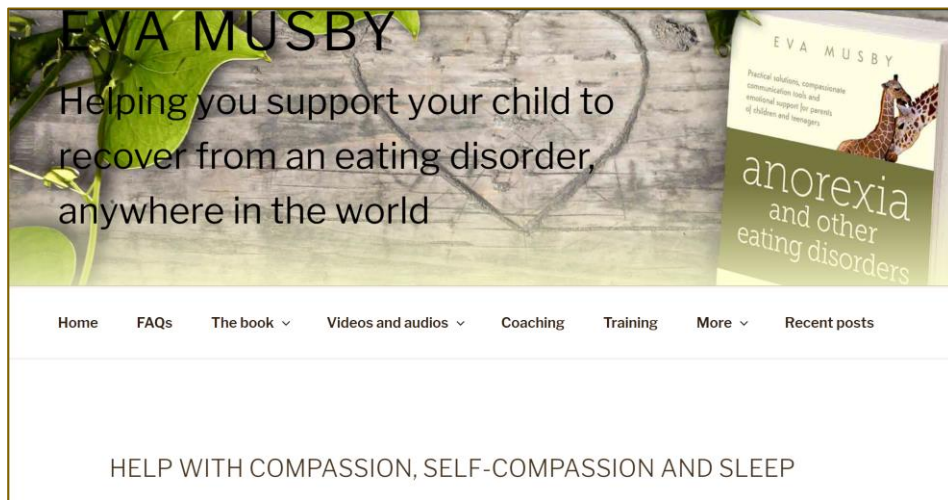


Description: these audios on YouTube (or downloads from my website) may help you get back in touch with wellbeing at difficult moments

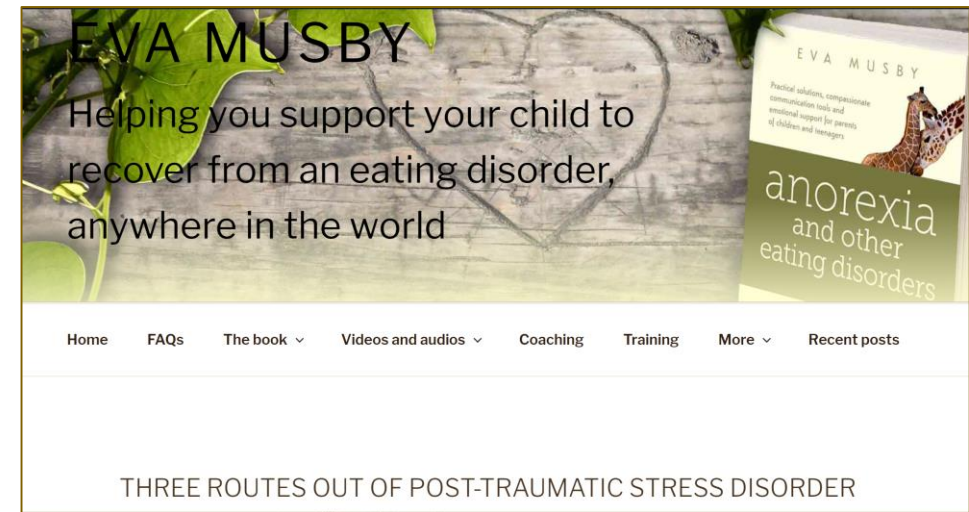


More help

<http://anorexiafamily.com/compassion-and-self-compassion>



anorexiafamily.com/post-traumatic-stress-disorder-ptsd





Description: if you're longing for more support (coaching, emotional support) I offer support by video call

anorexiafamily.com/individual-support

Coaching /
Individual
support

A lighthouse sits atop a dark, craggy rock formation on the left side of the frame. The ocean stretches out to the horizon, with waves crashing against numerous dark rocks scattered across the water. The sky is a mix of deep blues and oranges, indicating a sunset or sunrise. The overall mood is serene and powerful.

Description: closing with words adapted from David Spangler’s inspiring article reminding us of how a lighthouse keeps the ships from crashing into the rocks, and inviting us to be open to joy: “The fires of joy” [yesmagazine.org/issues/finding-courage/624](https://www.yesmagazine.org/issues/finding-courage/624)