Module Five

Understanding Emotions, Perceptions and Responses



ACTIVITY BOOK

Name:

Date completed:

Manager’s signature on completion:

**Well done!!** Awesome, you are well on your way to completing our Finding the Light in Dementia® Training, what a great achievement. I know at times it may have been a struggle, but if everything in life was easy, we wouldn’t have that sense of accomplishment – imagine how great you are going to feel as you complete this penultimate module.

Just to recap over the past modules, you have learnt what dementia is, how it can affect people in different ways, how to help people with communicating and connecting and by understanding how memory works you can use their life stories and reminiscence to encourage meaning in their lives. You have explored aspects of how environments can help or hinder a person and now we are going to build on all of this knowledge to explore moods, emotions and why people respond in certain ways. I am sure that by now, you have already some ideas of why people who have dementia respond in certain ways and I hope you have been using your Reflective Journal to note some positive changes in the people you care with by applying the knowledge and skills already learnt in this training. As you go through the resources you will find out why our moods and emotions are often triggered by memories of events, people, places and experiences, By understanding this you will find your role increasingly satisfying when you know how to help and support the people you care with and by supporting yourself.

 **Jane**



Jane M. Mullins Dementia Nurse Specialist

Founder of Finding the Light in Dementia®

**Module Five**

**Understanding Emotions, Perceptions and Responses: Learning Outcomes**

*All your identity is rooted in your emotions. You are what you actually feel, at any given time*

 *Krishna Saagar Rao*

In this module, we are going to learn about our moods, emotions and responses to the world around us and how this can be heightened in people living with dementia. By building on our knowledge from the previous modules we will examine how to identify triggers and how we can explore approaches that may help the person living with dementia overcome their difficulties. We will do this by watching films, animations and presentations, and listening to podcasts and soundscapes. These films will involve people who have dementia, family members, carers and professionals and researchers working within the field.

This training will give you more confidence and spark off your own ideas to help people living with dementia and their loved ones. Your manager will be there to support you and don’t forget to work closely with your buddy and other colleagues. A number of these activities may bring out a number of emotions, so don’t forget to speak with your manager (or trusted friend/colleague) about this and visit our **Wellbeing Hub.**

**This activity book has a mixture of notes pages for you to write in when watching the presentations and other resources in each lesson and activities to complete.**

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Don’t forget the Wellbeing Hub will help you with many of your self-care needs during this training. However, it is not a substitute for medical advice and DUETcare Ltd cannot be held responsible for your health and wellbeing. If at any time you feel overwhelmed and needing support, please speak with your manager/buddy or trusted friend and seek medical help where required.

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**Activity One: Understanding Our Emotions**

When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.” Fred Rogers

We experience a multitude of emotions everyday but we often don’t stop to think about them and how they relate to our behaviour. Being able to understand our emotions can be really helpful in understanding why we respond or react to events and other people and how other people may also present themselves. By understanding this more, we can understand people who have dementia.

Complete the activity below:

Think back to a time when you felt:

|  |  |  |  |
| --- | --- | --- | --- |
| **Emotions:** | **Body Reactions:****Describe how your body reacted. e.g., heart rate, butterflies** | **Response/Reaction:****Describe how you acted** | **Thoughts:****List the thoughts that ran through your mind** |
| Angry |  |  |  |
| Disgust |  |  |  |
| Fear |  |  |  |
| Sad |  |  |  |
| Happy |  |  |  |

**Notes Page**

**Activity Two: Self Esteem**

If your relationships are positive and you often have positive feedback, you're more likely to see yourself as valued and worthwhile and have healthier self-esteem.

If you receive mostly negative comments and are often devalued, teased and criticized by others, you're more likely to struggle with poor self-esteem.

One great thing is that your past experiences and relationships don't have to impact on your present and future.

Your own thoughts can have the biggest impact on self-esteem — and you can learn to control those thoughts with practice.

If you tend to focus on your weaknesses or flaws, we can work on changing, so that you can help yourself have a more balanced, positive view of yourself. When you feel good about yourself, you are in a far better position to care with others and be more resilient.

Resilience means being able to bounce back after going through a difficult time.

People who have a healthy self-esteem are more likely to be resilient. Having healthy self -esteem impacts directly on our moods, emotions and responses.

When you have a healthy self-esteem, you are far more likely to stay well when caring with others. Your positive self-worth will also influence other people around you.

The benefits of healthy self-esteem include:

* Being confident in your ability to make decisions
* Being able to form safe and honest relationships — and less likely to stay in unhealthy ones
* Being able to express your needs and opinions
* Being realistic in your expectations
* Stopping being overcritical of yourself and others
* Being more resilient and able to cope with stress

**Having healthy self-esteem isn't about “showing off” It's about learning to like and respect yourself — faults and all.**

**Activity Two: Self Esteem cont.….**

**Part of increasing our self-esteem is getting to know ourselves more.**

 **Complete the sentences below:**

I am happy when –

My favourite place is –

I am good at –

I care about –

One great word I would use to describe myself is –

I need to improve on –

One thing I would like to change about myself is –

I feel confident when –

One great thing people would say about me is –

I believe I can –

Happiness is –

I am unique because –

When someone smiles at me –

When we can work from a place of strength and self-love, it is easier to care with others. By learning to do this for ourselves, we can help people who have dementia from a place of strength and positivity and not loss.

**Activity Two: Self Esteem cont.….**

So, if I have low self-esteem how can I change that?

Listen to your thoughts and feelings

We become what we think, so turn your thoughts into positive ones.

We all have an inner voice, look at these statements below and turn them into a positive statement. Complete the empty boxes.

|  |  |
| --- | --- |
| I can’t do that | Maybe I can’t do that yet but will find out how to |
| I’ll look stupid if I …… | I’ll look stupid if I don’t try |
| Why can’t I be like…… | I am me; I like myself  |
| Nobody likes me |  |
| I am not good enough |  |
| I’ll never be able to do that |  |
| I never get good marks |  |
| I never win anything |  |

**Activity Three: Positive Affirmations**

From today onwards, get in the habit of saying positive affirmations on rising and when going to bed. You can say the words below or create your own. When we say such affirmations, we can help our emotions and moods and in turn, this affects how we respond in life and how others respond to us. You can do this while cleaning your teeth or when going to the toilet! Set your phone with a reminder/alert – every time you hear it beep, choose something positive to think about and if you feel confident to, say it out loud. Turn your self-talk into **positive** self-talk. Over time, you will find this has a positive benefit in your life, don’t give up, keep doing it, you will see change.

Happiness is a choice.

I base my happiness on my own achievements

My thoughts are filled with positivity and my life is good.

Though these times are difficult, they are only a short phase of life

I am a strong compassionate person

My negative thoughts are washing away

I wake up today with strength in my heart and a clear mind

**Activity Three: Positive Affirmations**

Write in your own – if something or someone makes you feel unhappy or negative in any way, turn it around with a positive affirmation. We cannot control other people, but we can control how we respond to them and their comments.

What we think about, we bring about

**Activity Four: Andy’s Story**

I recommend working together with your buddy, as these activities can bring out some strong emotions. Choose someone whom you trust and who is supportive (and don’t forget to be trusting and supportive with them).

**Write down a few lines below about:**

* What are your **thoughts** after listening to Andy’s story?
* What are your **feelings** after listening to Andy’s story?

**Activity Four: Andy’s Story cont...**

* If you were Andy, what might you be **thinking**?
* If you were Andy, how do you think you might **feel**?
* If you were Andy, how do you think you might **respond/act**?
* What helps Andy feel better?

**Activity Five: Vision Board**

As a child most of us day dreamed and had our heroes, what is it about these people that you admire? Now think about yourself. Find a large sheet of paper or card to create a vision board that reflects your identity, who you are (or who you want to be) – think about the things that make you who you are and include things that are important to you in the present and for the future. You can either do this as a digital board or get a large sheet of card. You can draw, write, stick anything you want to. Click on the link below for more information on how to create a vision board

<https://blog.mindvalley.com/vision-board/>

**Also write your thoughts, feelings and actions as you undertake this activity below**:

**Activity Five: Vision Board cont…**

**Activity Five: Vision Board cont.……**

Now choose a person that you care with and help them create their own vision board. Involve their families and friends. Getting loved ones involved in enjoyable creative pursuits will help them stay interested and engaged. The person will feel that you are genuinely interested in them and will help them find meaningful ways to connect. You may want to use a board or a scrapbook. You can create themes such as holidays, family events, pets etc. Find out what their likes and loves are and work together. This is one way of undertaking life story work as we explored in module 3.

**Write below your thoughts, feelings and actions as you undertake this activity:**

**Activity Six: Dementia, Confidence and Self - Esteem**

Living with a condition like dementia can affect a person’s confidence and self-esteem. Confidence is how you feel about your abilities, how well you think you can do things: The outward you.

Self-esteem is about how you feel about yourself, how much you value yourself:

The inner you.

Based on all that you have learnt in this training, **think of how dementia can impact on a person’s confidence and self-esteem and how this may influence their behaviour and responses and work out ways that we can help them. Fill in the table below.**

Think about how dementia can affect communication, memory, the senses, the environment……

|  |  |  |
| --- | --- | --- |
| **Effect of dementia on confidence & self-esteem** | **Resulting responses and behaviours** | **How we can help** |
| e.g., Struggle to express themselves | Give up trying to speak, withdraw from social situations |  |
|  |  |  |
|  |  |  |
|  |  |  |
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**Activity Six: Dementia, Confidence and Self – Esteem cont.….**

|  |  |  |
| --- | --- | --- |
| **Effect of dementia on confidence & self-esteem** | **Resulting responses and behaviours** | **How we can help** |
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**Activity Seven: Three Things Learnt**

**Write down 3 things you have learnt since you started Module Five.**

**Well done!!**

**For completing Module Five, “Understanding Moods, Emotions and Responses”**

You should now be able to Understand how dementia can affect a person’s moods, emotions and how they respond and behave. You will also understand more about recognising triggers and how to identify approaches to help them overcome difficulties.

If you are printing this up, I hope you have managed to get a file, as you can add the others from the next modules to it or you could create an electronic file for all of your Activity Books, Reflective Journals, Presentation Notes Pages and Certificates. By keeping it all together, you will see how your knowledge and skills will have developed and it will be a great resource to refer back to when you have completed the training.

Also don’t forget to use your Reflective Journal alongside to write down any extra notes, thoughts and observations. You can also learn more from my book, Finding the Light in Dementia: A Guide for Families, Friends and Caregivers.

Remember to answer the questions at the end of the Module to release your certificate and store safely in your file and visit the **Wellbeing Hub.**



<http://amzn.to/2ARCwDI>

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