

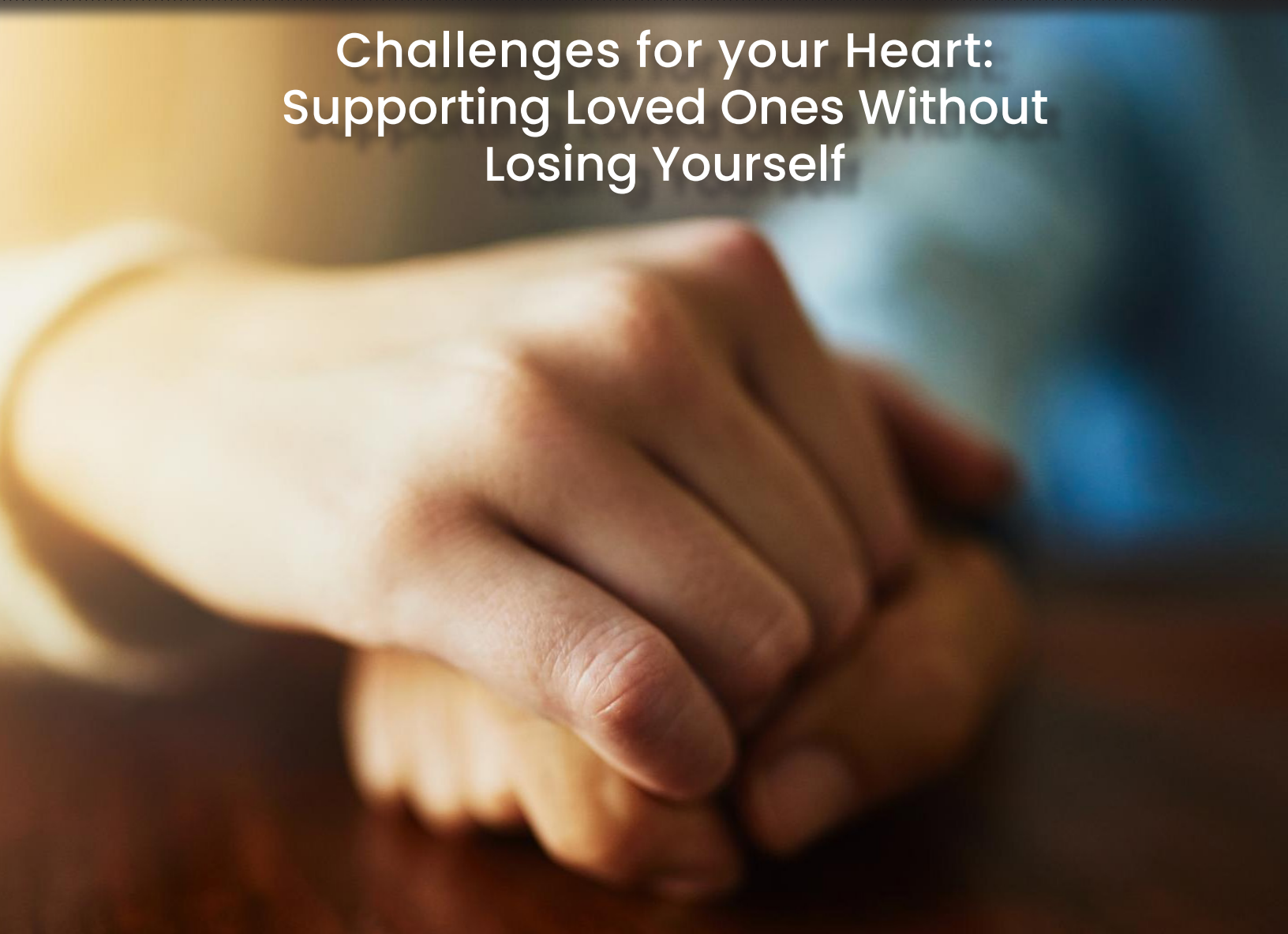
An Excerpt: Your Guide To Long Term Caregiving

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# THE UNEXPECTED MARATHON

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Challenges for your Heart:  
Supporting Loved Ones Without  
Losing Yourself



**DR. WOLFGANG SPANGENBERGER**



# Your Guide to Long Term Caregiving The Unexpected Marathon

*Challenges for your Heart: Supporting  
Loved Ones Without Losing Yourself*

**DR. WOLFGANG SPANGENBERGER**

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## Foreward

I'm in the process of publishing an extensive book that provides support to long term caregivers. The book will be out in a matter of weeks.

This mini e-book is your first look into some of the pivotal concepts and strategies I've gathered in my forthcoming book. It's crafted to inspire clarity and give you a real starting point.

It's primarily written for individuals who have not trained or sought out a career in long term care. The need to provide long term care has, instead, been thrust upon them.

You – or someone you know – might be in this position of suddenly being asked or expected to provide long term care for a loved one. Of course, we all want to rise to the occasion and help those people we love. But how do we do this effectively and skillfully without losing ourselves in the process?


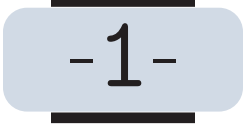
Inside, you'll find key insights, "a-ha" moments, and a reminder that you're far from alone in this journey. Plus, I've included two powerful worksheets from the full book to help you dive deeper into what you're experiencing and how you can take actions to relieve pressures you may be feeling.

Know that you are supported, my friend. I look forward to connecting with you and helping you with your story.

Wolfgang Spangenberg

# Table of Contents

Marathon of the Heart	4
Temperature of Your Compassion	9
Worksheet: Are Your Coping Systems Up To Par?	14
Worksheet: The Burnout Test	18
Your Personalized Strategy	20
Answers to Your Questions	20
Closing Wisdom	24

- 1 -

## Marathon of the Heart

Can you imagine deciding – on a whim – to run a full marathon tomorrow?

Probably not. Nevertheless, being a long term caregiver can often look and feel like this.

Suddenly, you find yourself caring for a loved one. When you step into the role as a long term caregiver, you've stepped up to the startline of your marathon. You have not trained or prepared in any way. And you have no idea when the marathon will end.

### **How did you end up in this circumstance in the first place?**

Maybe you've noticed for some time that your husband is frequently forgetting things. He does odd things like putting his keys in the fridge and, then, neither of you can find them. You have a hunch something is wrong and after doctor visits and testing, you hear, "Your husband has dementia."

You may have noticed that your loved one seems distracted or forgetful in conversations. The person who was a whiz at navigating unfamiliar streets and freeways is now a tentative driver. An orderly person's life begins to look somewhat ruffled, even chaotic.

Or, one day you got a phone call. Your loved one can't handle "regular" life any more due to age, a disease, an accident or something else. Your loved one needs support and you will have to provide long term care.

Whatever it is, you're now running a marathon you didn't sign up for.

You have the best intentions, but you've never done long term help before.

- » What do you have to expect?
- » What do you do and what do you say?

» Are you up to the task?

You want to do an excellent job and feel satisfaction – even some gratification – in the service you're providing. Instead, you may feel intimidated and lonely. Self-doubt gnaws away at you. You may even feel a tinge of resentment.

### **How do you take care of yourself without feeling selfish?**

Over my many years as a surgeon and mediator for families and friends dealing with life crisis, I can tell you this one very important fact: If you don't find a way to take care of you ... if you don't find a way to create systems and schedules for less chaos and more valuable free time for *you*, there's a likelihood that this scenario is in your future:

*One morning you wake up after a decent sleep. You should feel fresh, rested and full of energy. Instead, you don't even want to get out of bed. Your limbs feel heavy and your mind sees nothing but problems. One question is bounding after the next one and there seems to be no answer to any one of them. **Long term care has become your never-ending story.***

*You don't want to break down. You want to grow, be competent and courageous. You want a good, decent life for your loved one ... but you want a good, decent life for yourself, too. You find yourself asking, "What has become of me, of my life?"*

Sounds familiar to you? Or, do you have concerns that this might be your fate? Then you're in the right place.

I've written this material primarily for people who look after other people on a non-professional basis. You haven't been trained for the work.

Right now, you might be taking care of your elderly parents, a sick child or a disabled spouse. It might be your adult brother or sister. No matter your background, this book will guide and help you **master your long term challenge**. You'll get the support, information and motivation you need to live your best life, no matter where you are in your life journey.

Someone who looks or cares for other people professionally such as nurses or other professional caregivers will also find many interesting aspects and exercises here as well. While I write to this group of lovely people, too, and will be producing a more

precise curriculum for professional care givers, my main focus here is helping you, the individual.

“

As I've discovered, there are tens of thousands of individuals like you out there – and most of you feel very alone.

### **What is long term care exactly?**

Here the trouble starts immediately, because there *is* no scientific definition. For our purpose, though, long term care is helping someone for more than 3 months.

Every long term helping situation is somehow different. You know your situation best, and you are the expert of your own life. Therefore, you know your solutions best. This material will help you with background knowledge, anecdotes, advisory tips and worksheets to find the answers to your questions and help you maintain or re-establish your personal balance.

My material is not a “how to” training manual for running a marathon. I will not explain to you *how to* care for a person with dementia or other disabling diseases.

### **Instead, I'm guiding you through your emotional marathon.**

You can't just look for a “hero of long term care” and copy what he or she does in their circumstance. Your situation is different and you are a unique person. This material helps you to steer through a rough marathon, including the feelings of frustration, tiredness, exhaustion, loneliness, isolation and much more.

In a marathon, what can you do when icy rain is pounding in your face, the hot sun is drying you to the core or your legs feel as heavy as lead? You feel exhausted and the thought to just give up blossoms in your mind.

Do you want your loved one to be left alone?

Of course not. You can't just hand over long term care suddenly. A sudden drop out could have terrible consequences for the sufferer.

So, instead, you burn countless mental calories to figure out how to help your loved one long term without you – yourself – getting lost in the process.

This material will help you become the “hero” in your life of long term care. We will deal with questions for you, the caregiver, that are rarely addressed.

### **Marathon runners are a different breed.**

Often they are slim, healthy and very often they will run a marathon without any desire for the first-place podium. A marathon does something to the participants.

Long term helpers are different as well. For example they are empathic and caring and they know they're not winning a prize or a crown. Long term care does something to its participants, too.

### **So what is long term help doing to you?**

- » How do I deal with myself?
- » How do I deal with the ongoing stress and pressure?
- » How do I handle mistakes?
- » How do I deal with disappointments?
- » How do I handle the expectations of others?

Our long term help can feel like running a marathon unprepared against all odds. We think our loved one – the person we're taking care of – is in a life crisis. Instead, we begin to realize that we – as a helper – are facing a life crisis on our own as well.

A life crisis feels like a bottleneck. When this occurs, our life seems reduced to one problem. Long term help can feel similar – our entire life seems reduced to providing help with no end in sight. That is our marathon.

### **A life crisis is a situation in which we lose something that we thought was safe or granted to us.**

What does this mean for the long term caregiver? We can feel like we are losing our self-efficacy or self-determination. We might feel controlled by others. We feel duties and obligations that leave us no free choice. We can feel entangled or



imprisoned. We may feel that there is no more room in our lives for ourselves, or that we are living someone else's life.

When long term care happens, you are left to make the best out of the situation and use the tools available to you and at hand. I can help you learn and train during this time to become a healthy and fulfilled long term helper.

**I'm publishing a comprehensive book in January 2025 that's solely designed to help you, the helper.**

Join the waitlist today to be notified about when this complete supportive resource is available: [WolfgangSpangenberg.com/Marathon](https://WolfgangSpangenberg.com/Marathon).

But if you find yourself in this struggle or challenge *right now*, I don't want you to wait until then. So, I've pulled a few key points here to help you recognize facets of long term care you might not have known or considered so that you can survive and even thrive.

# Temperature of Your Compassion

Often we can hear someone struggling in the face of a challenge, like someone “fighting cancer” or “battling depression.” What does that actually mean and why do I prefer to refer to this as “**mastering a challenge?**”

We all have what is known as “fight mode,” which truly causes a physical reaction. This fight mode is a very old survival reflex from human development.

Say, for instance, we find ourselves faced with a great challenge. Initially, we try to solve the problem with our conscious mind.

If that is not possible, we then rummage through our emotions for a suitable solution. This is why we can feel so many intense emotions in challenging situations, especially after we’ve explored “reasonable” options and no answer has been found.

If we don’t find a suitable solution with our emotions, we then feel existentially threatened. We feel the walls closing in. We fall back on our very old reflex-like survival strategies:

- » We flee and run away from the problem.
- » We play dead and don’t deal with the problem.
- » We fight with everything we have at our disposal, regardless of possible losses. We put on boxing gloves and hit everything and everyone in our way.

Unfortunately, solving complex problems usually requires empathy and a great deal of “fingertip feeling.” But there is no finesse in boxing gloves.

**Long term help is a complex, multi-faceted challenge that cannot be solved with primitive reflexes.**

In order to overcome a major challenge like long term help, we have to find a balance between many things, including the needs and emotions of the sufferer and our

own needs, emotions, requirements, resources and goals. To achieve such balance, we need every resource at our disposal and must act with sensitivity.

Long term care is an endless uphill run, which usually does not get any easier over time. There can be, however, a healthy coexistence between the sufferer and us, the long term care givers. If we can solve such a challenge and grow from it, we have mastered the challenge!

“

Find your own way and your own answers,  
because there is always more than one path  
you can travel to master your challenge.

### **Stress, Pressure and Fatigue!**

Long term help – a sick maker or even a disease?

Studies show that 70 percent of long term helpers feel overburdened. The feeling of responsibility, being overwhelmed and hopeless are experienced as mental stress. The higher the care effort, the less time there is to take care of our own health.

Long term caregivers get sick more often than the average population and are more susceptible to stress-related illnesses. In the physical arena, back pain, pain in the shoulder and neck area and in the joints are often encountered. Headaches and body aches, heart and stomach problems, dizziness, sleep disorders, nervous conditions, exhaustion and compassion fatigue are also frequent side effects.

Despite the high stress potential, only a small proportion of long term caregivers seek help themselves. This may stem from uncertainty, costs, lack of information or dissatisfaction with the quality of the services offered.

But in this kind of a situation, you must stay healthy and find some level of fulfillment. Every helper deserves a balanced life.

Here are a few pointers to keep in mind:

## Are you practicing Hot or Cold Compassion?

In long term help we may be confronted with a phenomenon called compassion.

We might be excited to take over a long term care situation. We can hardly wait to start; we are on fire to make this person's life better and more secure. This **Hot Compassion** can personally carry us through some rough times when we are dragging a little bit. Unfortunately, this hot passion is tiring, and it wears out over time. We can be on fire one day and totally dead and distracted the next day. In the long run, this is not a great way to approach long term help!

On the other side is **Cold Compassion**. This does not mean we've lost our empathy. Instead, we bring the same consistency, energy and focus every day, every single time we care. Maybe it's not so exciting, but it avoids the extreme ups and downs. This is very important. Over such a long time, cold compassion ensures we make implemental progress every single time, because we are able to maintain a consistent level of focus and care. Cold passion will take us where we try to go.

By the way, Cold Compassion is applicable to many skills in other areas of our lives, too. You've utilized Cold Compassion every time you've had to acquire a new skill by applying a great deal of time and repetition. Examples might be learning to play a musical instrument or sport. You have to find your "even keel" level of intensity, even when the initial enthusiasm or curiosity wears thin, so that you can continue to practice and improve day by day. Otherwise, you will stop playing that instrument or doing that sport activity and drop out.

Remember, Cold Compassion in long term care is not about losing empathy (or your sense of humor), nor does it ask that you drop out completely. As already noted, that kind of action could create terrible consequences for the sufferer.

## So, how do we reach "Cold Compassion?"

We can generate cold compassion by removing distractions or resistance from our caring routine. We create a schedule to help us focus and progress with the care of our loved one.

There are a lot of little things along the way that can create friction. So, we create an optimal caring environment around us by having everything at hand when we need it. Otherwise, continually having to set up the caring environment costs us a

significant amount of our energy and time, which is lost in the helping process. By initially creating a caring environment, we avoid the distraction of time consuming multi-tasking.

So, as long term caregivers, we should step back from time to time and look at our routine – the caring environment *and* ourselves in that routine – to see what we can improve.

### **Self-Concordance**

Regardless of whether it's a conscious or unconscious decision, long term care should resonate with our motives and attitude toward life. Otherwise, long term care is not so resilient.

What do I mean here?

Self-concordance defines the extent to which our current goals match our authentic interests, values and needs. In other words, self-concordance expresses how closely a goal aligns with our other personal interests and values.

Setting, pursuing, and maintaining meaningful goals play an important role in our active self-development (personal growth). The more our authentic needs and desires match a challenge, the more we feel aligned within ourselves.

“

Self-concordance expresses how closely a goal aligns with our other personal interests and values.

The higher the self-concordance with the goal, the more sustainable is our willingness to perform and the probability of achieving the goal.

As an example, say we highly value receiving a college degree. The endless hours of trudging to class, taking notes, studying for exams and writing numerous essays is sustainable because the end result is of high value to us. *Then* we can experience satisfaction and a positive change in our well being. This also increases the likelihood of accepting a similar challenge in the future.

As you can see, self concordance doesn't just come into play in long term caregiving – it is applicable everywhere in our life in situations like the partners we choose or the connections we make with our local community.

**Now, let's apply self concordance to your long term care world.**

See, goals and challenges are not always selected according to our *own* personal interests and values. This is often the case in long term care. However, the more they align, the more likely we will continue to be balanced and successful.

We should not view our long-term help in isolation, as if it separates us from our lives. Instead, it is a *part* of our life and we want to connect our help with how we *feel* about our life. Otherwise we are constantly living in conflict.

Unfortunately, this approach is not usually intuitive; we have to reflect on it and be conscious about learning new strategies. Studies show that altruistic behavior can be trained. (There's hope for us all!)

Even when reality shows us that our long term help and our lives will not match to 100 percent, it's important to find unique meaning and value in the work we do for *our* lives. In the end, you must be true to who you are.

**Long term care is a long term test of our coping systems.**

So ... the question arises: Are our coping systems up to par? The long term caregiver can run into a life crisis when their coping systems are exhausted or overwhelmed. It may not develop immediately at the beginning but can evolve over time. Just as I referred earlier to life crisis feeling like a "bottleneck," we must be careful to not allow our long term care to reduce us to one problem: *Providing help with no end in sight.*

“

We should not view our long-term help in isolation, as if it separates us from our lives. Instead, it is a part of our life and we want to connect our help with how we feel about our life. Otherwise we are constantly living in conflict.



## Are Your Coping Systems Up To Par?

Your neurotransmitters will determine and sound the alarm on stress long before you consciously recognize that you're feeling stressed. Those same neurotransmitters don't send us an email in advance, and we can't smell or taste them, but we can feel the turmoil.

Here's a quick worksheet to see where your levels of stress currently are. Check the statements that you feel apply to your life right now.

- \_\_\_\_\_ I often feel weak.
- \_\_\_\_\_ I find it difficult to concentrate on one thing for a long time.
- \_\_\_\_\_ I get angry quickly when things don't work out.
- \_\_\_\_\_ Recently I suffered from stomach, back or headaches.
- \_\_\_\_\_ I take only a few breaks during a day.
- \_\_\_\_\_ I feel overwhelmed by my daily tasks.
- \_\_\_\_\_ I find it difficult to approach people openly.
- \_\_\_\_\_ I am often late.
- \_\_\_\_\_ Spending time with loved ones or my friends doesn't play a big role in my life anymore.
- \_\_\_\_\_ I can't switch off well in the evenings or at weekends.
- \_\_\_\_\_ I feel constantly under pressure.
- \_\_\_\_\_ I have rarely completed all my planned tasks at the end of the day.
- \_\_\_\_\_ I worry about my financial situation.
- \_\_\_\_\_ I find it difficult to accept positive experiences such as success, praise or affection.
- \_\_\_\_\_ I find my responsibility overwhelming.
- \_\_\_\_\_ It is important to me what others think about me.



\_\_\_\_\_ I want to do everything right.

\_\_\_\_\_ Situations or people often upset me.

\_\_\_\_\_ I find it difficult to make decisions.

### **And your results say?**

If more than 5 statements apply to you, it is very likely that you are in a stressful situation and you can feel your coping system (those transmitters) working overtime. As the total number of checked statements rises, you can be assured that your neurotransmitters are on a fast rise, too.

I don't want to leave you alone with the result of this worksheet. So, what can you do on short notice?

### **Reduce your pace in everyday life**

Stress is often quickly reduced by organizing our everyday life just a little differently.

- ☐ Structure your days and the weeks ahead of you. Schedules, believe it or not, act as more of a calming entity than a triggering one.
- ☐ Ask for support. You don't have to do everything on your own! Don't expect people to see you struggling and come running to ask if you need help. They care about you, but they're focused in their own lives. When you ASK them for help, they typically come running.
- ☐ Try to say "no" more often, and don't always try to please everyone.

### **Set priorities**

- ☐ It is easy: You decide what is important. Then, do the most important things first, and only continue on the list when the most important tasks are done.
- ☐ Work only on one task at a time. Multitasking has a tendency to stress you out more and will decrease your performance.

### **Take notes**

- ☐ Write down all your important "to dos." Then, the thought of forgetting something can no longer stress you out.





- ❑ On that note, writing out your “to do” list for the next day is infinitely more calming when done the night before. Then, your sleep will be more relaxed and less fitful.

### **Exercise and breathe regularly**

- ❑ The fastest way to reduce stress hormones is to participate in some kind of exercise or sport. Even just 20 minutes a day of brisk walking does wonders for your physicality and immunity systems.
- ❑ Get an oxygen shower and “bathe” in the daylight.
- ❑ Remember to consciously pause in your day to take deep, cleansing breaths, exhaling from the mouth. You can even growl a little with that exhale – it helps.
- ❑ Also, remind yourself to take an occasional deep inhale and hold at the apex for just a count of two or three before releasing the exhale slowly through your mouth – this instantly brings your blood pressure down a few points.

### **Get up earlier**

- ❑ Start setting your alarm clock 30 minutes earlier than you normally do (and don't keep hitting the snooze button). This will give you a relaxed start to the day.
- ❑ Consider using the extra time for a coffee, a round of yoga, meditation or journaling, or simply organizing calmly for your day.

### **Maintain your relationships and social contacts**

- ❑ Schedule time (don't just say you're going to do it) for friends and family even during stressful periods.
- ❑ A good conversation can do wonders for taking your mind off things. Sharing your worries with others can be a huge relief for you. You get something off your chest and your friends and loved ones understand you better.

In my upcoming book, I share many more aspects of advice in dealing with and dispersing mounting stress. Join the waitlist today to be notified about when this complete supportive resource is available: [WolfgangSpangenberg.com/Marathon](https://WolfgangSpangenberg.com/Marathon).

**When the alarm begins to go off...**

When do you know that your stress levels are reaching their limits? At what point can the stress harm you?

Maybe you feel an energy deficit. Your legs feel heavy. You find yourself taking shallow breaths.

Perhaps you look for a break. The meeting with your friends tonight is actually too much for you – you just want to sleep or to be left alone.

You are not enjoying your meals. Instead, you eat just for calorie intake, to keep your body running. You might feel rushed through your meals.

Maybe your spouse tells you to have a haircut, but you can't be bothered.

What is this? Is it just stress? Are you just tired? Exhausted? Or are you at the risk of burnout?

“

Keep in mind that burnout puts the  
sufferer and you at risk.



## The Burnout Test

This worksheet can give a guideline on what you may be heading toward or already experiencing: Burnout.

Answer all questions in the following way:

- 1 Point - Not Applicable
- 2 Points - Less
- 3 Points - Sometimes
- 4 Points - Often
- 5 Points - Almost Always

Scenario	Points
I have a hard time concentrating.	
I do my job reluctantly.	
I miss appreciation from my family, my friends, my colleagues, my superiors.	
I'm bad at saying "No."	
I ask myself: "What is it all for?"	
I feel like there's too much left for me to do.	
I am getting in over my head.	
Already, in the morning I have a feeling of displeasure.	
I feel empty and unmotivated.	
I've been doubting my abilities lately.	
Recently, I feel restless.	
I withdraw and want to be left alone.	
I find it difficult to relax.	
I tire easily.	
I don't feel any sexual desire.	
I often suffer from headaches, back pain, tension or gastrointestinal problems.	
I am easily irritable and hit the ceiling often.	
I'm drinking more alcohol and/or eating more junk food than usual.	
Total Points	

**Now, add up your points.****Up to 24 points:**

You seem a decent distance from burnout. Everything indicates that you are coping well. You react calmly to everyday challenges and stress. You manage to secure important personal freedom and find a good balance.

**25 to 54 points:**

Everyday life seems to burden you more than it's good for you. Be careful. It's time to find a new balance.

**Over 54 points:**

I suggest you act quickly to comprehensively clarify the issue of burnout. You should take the physical symptoms, in particular, as serious alarm signals. Try to immediately take actions that counteract the checkmarks you've made. What is a "polar opposite" thought or activity you can put in place right now?


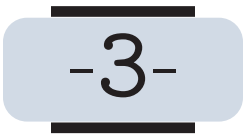
If burnout is suspected, it's imperative that you see a doctor, medical and/or psychological professional for advice and clarification.

Keep in mind that burnout puts the sufferer and you at risk.

Long term overload and exhaustion from the demands of work lead to reduced empathy and sensitivity with a sense of distance, numbness and emotional isolation. Your care suffers.

Burnout is the culprit behind you losing interest in activities you used to enjoy. You can develop physical and mental complaints. Even your relationships can suffer.

In my upcoming book, I share many more aspects of advice in retreating from or avoiding burnout completely. Join the waitlist for the soon-to-be-available book: [WolfgangSpangenberg.com/Marathon](https://WolfgangSpangenberg.com/Marathon).

  
  
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## Your Personalized Strategy

I trust from the preceding pages that you have a better idea of where you are on the continuum of your long term care and service. Even more important, I hope you understand that I feel for you. I've been in this journey myself, and I've helped many, many clients and patients/sufferers through this significant life change and challenge.

I wanted to introduce you to a bit more of my upcoming book release with questions you may have and the chapters that address those questions and needs. Join the waitlist to be notified: [WolfgangSpangenberg.com/Marathon](https://WolfgangSpangenberg.com/Marathon).

I'm here to guide you with my material to help you develop your personalized strategy to **master this challenge** in your life.

You are providing a beautiful service, one that you will never forget. At the same time, you deserve a healthy, balanced and fulfilling life. Let's get started.

**Here is how my book will help answer your questions.**

"Is it just me or my family?"

Are there examples of long-term help in the lives of others?

✓ **Alzheimer Dementia as an Example**

"Is it important if my decision was a conscious or unconscious one to take on long term care?"

✓ **Self-Concordance is the Key to Success**

“

I'm here to guide you with my material to help you develop your personalized strategy to master this challenge in your life.

Why are you as a non-professional relative so important to the sufferer in long term care? Which burdens can you expect and what will probably weigh heavily on your shoulders?

✓ **Your Burdens and Your Enormous Importance**

In most cases long term help is not just preparing a meal or doing the washing. Long term care involves us as a whole person. What does that mean?

✓ **Run with Your Feet – Help With Your Hands – And Succeed with Your Mind**

“Am I up to the task?”

“How can I realistically assess myself and my abilities?”

Are there ways to assess long term help?

✓ **A Realistic Self-Assessment**

Is our body just a nuisance when it aches or itches?

What is our body telling us?

✓ **Our Body is Our Dashboard**

What are our emotions, needs and feelings good for?

✓ **Our Feelings Are Our Compass**

How do you stop this movie of your thoughts in your head?

✓ **Self-Talk is Our Own Spectator**

How do we handle our anxiety, self-doubt, or even feeling guilty?

✓ **Identifying Our Unpleasant Co-Runners**

How can humor and music help us in the difficult circumstances of long term care?

✓ **Our Cheerleaders on the Sideline: Humor and Music**

You hit a wall. Everything in your life seems to be massive.

Nothing works anymore. Are you tired, exhausted, burned out or depressed?

✓ **Compassion Fatigue**

You can't and don't always want to do everything straight away. Do you then simply put off the important things in life?

Can you harm someone by doing this?

✓ **The Difference Between Postponing, Procrastination and Escapism**

How can we identify and use our "friends"?

✓ **Your Personal Supporter Team: Self-Care, Self-Esteem, Self-Efficacy and Relationships**

You feel an urgent need to do something for yourself. Some people call it selfish. Do you have to help 24/7? When, how and to what extent can you look after yourself?

✓ **The Difference Between Being Selfish or Practicing Self-Care**

Perhaps you know this mental movie and you have these images in your head of what could happen: You can hardly sleep. What if you make a mistake? Your thoughts go around in circles and you can't get rid of them.

✓ **Worst Case Scenarios and Mistakes – What To Do**

Maybe you feel stressed or maybe you just have a lot to do. What is stress actually?

Why can the same situation be stressful for one person and not for another?

What can we do to deal with stress?

✓ **Stress and Our Coping Systems**

You feel stuck in your life.

✓ **Develop Your Personal Strategy with the "Wonder Questions"**

In a quiet moment, ask yourself: “Besides all the burdens, tasks and obligations, what can I gain from long term help?”



✓ **The Benefits of Long Term Helping**

Can you find a healthy balance in your “Marathon of Long Term Help?”

✓ **Run Your Marathon at a Healthy Speed**

My new book is arriving soon to inspire and empower caregivers like you. Join the waitlist today to be notified about when this complete supportive resource is available: [WolfgangSpangenberg.com/Marathon](https://WolfgangSpangenberg.com/Marathon).



  
  
-4-

## Closing Wisdom

Stay curious about long term help and your life. This will motivate you to maintain the course. With your curiosity, you will puzzle off things and develop creative ideas. With this momentum you can master your challenges and create passion. These are small (essential) steps in the right direction to achieve your goals and feel fulfilled in the process.

- » **Be a problem solver, not a problem seeker.**
- » Make a difference in your life and the life of others.
- » Give, but don't let yourself be taken advantage of.
- » Listen, but don't lose your own voice.
- » Love, but don't let your heart be abused.
- » Be happy, but don't stop working on yourself.
- » Give yourself as many kisses as there is room on your face.
- » Make a dent in the universe.



*Spangenberg*

DR. WOLFGANG SPANGENBERGER

[WolfgangSpangenberg.com/Marathon](http://WolfgangSpangenberg.com/Marathon)

