Set Yourself Up for Success During Difficult Times

Jennifer Phelps, M.S., BCBA, LifeTribe, LLC

Life can be downright difficult at times. How are we supposed to get through the tough times, especially when changes to routines are out of our control? It can be a monumental undertaking. The simplest change in routine can be very unsettling for our loved ones. **Set yourself and your family up for success with behavior reduction principles.**

**Your Daily Activity—Focus on YOU first!**

- Develop a schedule for the following day the night before.
- Awaken early and have time for yourself.
- Write a list of three positive affirmations to set the tone for your day. Examples, “I live with courage and grace.” “I am patient and loving.” “I can have fun today.” Notice your thoughts. If you allow negative thoughts to run rampant first thing in the morning your loved one may pick up on your stress. Use your positive affirmations to help you change your mindset.
- Use mindfulness exercises to start and end your day. Reference article: 71 Mindfulness Exercises: [https://www.developgoodhabits.com/mindfulness-exercises/](https://www.developgoodhabits.com/mindfulness-exercises/)

**Preventive Strategies**

- **REMEMBER, BEHAVIOR IS COMMUNICATION.** What messages are you sending?
- **CHALLENGING MOMENTS DON’T SPROUT WITHOUT ROOTS;** they are almost always warning signs that let you know when someone’s behavior is starting to escalate. What are they trying to communicate to you?
- **ALLOW THE PERSON** the freedom to make their own decisions as much as possible.
- **PERMIT VERBAL VENTING WHEN POSSIBLE.** Allow the person to release as much energy as possible by venting verbally. If you cannot allow this, state directives and reasonable limits during lulls in the venting process. If needed, create a safe space where they can do this. You could include a picture of this space in their schedule and explain that is where they can go (anytime) to express those feelings.
- **IGNORE CHALLENGING (AND REPETITIVE) QUESTIONS.** When they challenge your rule, redirect their attention to the issue at hand without engaging in a conversation about the question.

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忽视不合理的行为。这些行为可能令人沮丧，干扰到日常任务的完成，但不会对任何人造成伤害，可忽略并引导到其他事情上。

设定和执行合理的界限。如果有人变得挑衅、防御性或破坏性，冷静、清晰、简洁地陈述界限和指示。设定界限时，提供选择和后果。注意语调、肢体语言和面部表情。

保持靠近。靠近可以让你迅速干预，提供所需的关注，减少问题行为的机会。

抓住他们表现得好的时候。经常提供积极的评论、面部表情和肢体语言。

保持期望值低。当日常活动被打断，压力水平升高时，对非首选或令人沮丧的活动的容忍度会降低。

建立新的日常习惯。使用图片或书面日程表，并清晰地展示出来，让他们知道新的日程是什么。如果可能，让他们帮助你制定日程或改变活动的顺序。

用类似活动填充一天。包含他们习惯的活动。例如：如果他们曾在一家工作，那里他们迎接过人，每天早上散步并向经过的人挥手打招呼，或者给家人和朋友打电话，并说早上好。如果他们曾在Goodwill工作，可以设置一个分类站，开始整理衣柜。

避免让他们连续进行多个不选中的任务。例如：如果刷牙和洗头是不选中的任务，则在刷牙和洗头之间做点选中的事情。刷牙→读一本书→洗头。

休息。在需要时为自己休息。为照顾者腾出时间是应对挑战性情况的最佳回应。

使用远程医疗。有许多心理治疗师、辅导员和行为分析师通过远程医疗提供支持和想法。

享受快乐！我们要疯！专注于创造新记忆。

一些策略出自 https://educate.crisisprevention.com

www.lifetribe.us At LifeTribe，应用行为分析是我们的基础。为了最大化治疗成果，我们帮助你通过以下原则融入日常生活：尊重拥有智力障碍、痴呆症和阿兹海默症的成人。我们认识到你是专家，关于你的亲人。我们是行为改变的专家。当我们的知识与相互尊重的共同目标结合时，我们能够完成任何事情。我们的专业知识和对成功的热情将紧密融合，形成一个整体，我们合作制定行为计划目标、建议和家庭辅导计划。Jennifer 可以通过 https://jennifer.dobettermovement.us/en/e/coach-mentor/1 进行远程医疗咨询服务。