

RESILIENCY

for Caregivers



Take this moment to focus on someone you don't always have to time for... Yourself

As caregivers sometimes we forget that we also need care. It can feel like we don't have time for ourselves or even if we did have time, we aren't sure where to begin. This is a normal experience, especially for caregivers who spend their time thinking about and caring for other people. Guess what...you need and deserve to be cared for, too!

CHECKING IN WITH OURSELVES

How are you feeling right now? What is your mood today? How much energy do you have? **Write a word down that explains where you are at right now.**

Examples: Right now I am **tired, grumpy, peaceful, excited or maybe **just here.***

Now let's take a moment and think about something you are looking forward to doing in the next week or so. Maybe it is the walk you are going to take or maybe you know you will speak with someone who makes you laugh and you can't wait. What mood does it put you in to think about that event? **Write that word or phrase down, too.**

**Note: as humans we have a whole range of emotions and moods that we feel throughout a day. These are not good or bad but we want to be aware of how much time we hang out in these moods, especially those that drain our energy.*

QUESTION 1 - WHAT DO I NEED MORE OF?

Now imagine something you would like more of in the world for yourself or those around you. It can be something tangible like money or something that helps with your mood like peacefulness. **Write this word or phrase down.**

QUESTION 2 - WHAT DOES THAT OFFER ME?

Now ask yourself, if I had more of what I need, what would it do for you? *For example, if I hope for someone to listen to me that would help me feel heard and cared for. If I had more money it would give me more freedom to have more fun.* **Write this new word or phrase down.**

**Note: This is really what we need...kindness, care, me time, a place to share my story.*

QUESTION 3 - WHAT GETS IN THE WAY?

Take a moment and think about what gets in the way of having more of this for you. **Whatever the barrier is for you write that down, too.**

QUESTION 4 - HOW CAN I GET MORE OF WHAT I NEED?

We have a sense of what we need right now. We have some clarity of what is getting in the way. Let's take a moment and be creative and empowered to think outside the box and generate more of what you need. Start with asking yourself what you have in your ability and control to try? Ask yourself "what are one or two things I could do to get more of this in my daily life?" Think about something small to start with that you can do for yourself. **Let's write this down in a commitment statement:**

In order to get more _____ in my life, I am committing to _____

This was just a short practice to start thinking about yourself a little bit more. The first step is to remind yourselves that you deserve to feel good and have energy. You deserve to experience joy, laughter, hope and peace, and all of things you offer others.

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