



Four most commonly stated needs:
Managing emotional and/or physical stress
Overall self-care
Coping with time, energy, and financial demands
Communicating more effectively with the recipient.

Goals for Today

- 1. Increase your self-efficacy and resilience as a caregiver.
- 2. Learn skills to assess and manage stress and burnout.
- 3. Improve your self-care practices.
- 4. Increase sense of support.

Review of Part 1: Managing Stress and Burnout

- Stress is our body's reaction to life and some stress can be helpful.
- When stress becomes prolonged, frequent, or intense it can impact us physically, emotionally, and behaviorally.
- Burnout vs Stress
- Prevent and reduce burnout: Emergency self-care plan

Nurturing Yourself: Long-Term Self-Care

Self-Care MYTHS

Self-care is...

- Optional
- Time consuming
 Expensive
- A reward
- Selfish
- Boring
- Anything I enjoy
- One-time experience

Self-care is never selfish, but it may feel that way when you live a frenzied life. -Arthur Ciaramicoli





Taking Your
Self-Care
Temperature
Booklet Pages 11 and 12

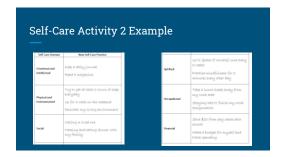


	Self-Care Activities 1 & 2		
	Self-Care Domain	Carrent Self-Care Practice	New Self-Care Practice
Self-Care Activities 1 & 2	Creational and Intributed		
Fill in the column "Current Self-Care Practice" with self-care activities you	Physical and Conferences of		
currently do. Fill in the column "New Self-Care Practice" with self-care activities you want to start	boold		
doing. • You can:	Sales		
Continue current healthy self-care practices Start new healthy self-care practices	Occupational		
Booklet Page 13	Presid		

Examples of Less-Helpful Self-Care Drinking alcohol Binge-watching television Mindlessly eating comfort food Ingoring one responsibility to deal with another responsibility Retail therapy



Physical activity: walk/run, yoga, weight training, etc.	lutter your home environmer
Physical activity: walk/run, yoga, weight training, etc.	
weight training, etc.	
	electronics for 30 minutes
Work/Occupational	SELF-CAPE
Take a lunch break away from your	CARE
	0 6
	65 M
work area Take 5 minutes to walk or stretch after	





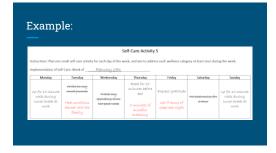
	Self-Care Activities 3-8-4		
Self-Care Activity 3 & 4: Identify and Overcome Obstacles	belf-Care Danado Enterland and Intellectual	Series to leff Care Practice	Addressing Numbers to telf Care Practice
Fill in the column "Barriers to Self-Care	Physical and Invicamental		
Fill in the column Barriers to Seit-Care Practice" with anything that might prevent you from doing self-care.	Sected		
Fill in the column *Addressing Barriers to	Special		
Self-Care Practice" with ways you can prevent barriers from stopping your self- care	Dougational		
et Page 14	Remini		

seii-c	are Activit	: Barriers Exar	npie
Self-Care Domain Emotional and intellectual	Feeling selfish taking time	Spiritual	Hard to find time letween wo and doctor appointments to go to Iplace of worship?
Physical and Environmental	No energy at the end of the day	Occupational	Feeling guilty about saying when someone at work asks w for help
Social	No money, time or energy to go put with friguds	Financial	Cimited income makes it officult to save



Important Reminders	EASE REST
Self-Care is PERSONAL! It is different for everyone, so choose what works for you and not what others tell you to do or what you think is the "right" way to practice self-care. Every second countel Even taking 30 seconds to	ATTOO PE PORTER TIME CANDEL PATTONE SELF ATTENTION CONTINUE SELF ATTENTION CONTINUE SELF ATTENTION CONTINUES CONTINU
focus on your breathing is self-care! Taking care of yourself does not make you weak, but not taking care of yourself might make you weak in the long-run.	ENDERS DOWN COMMUNITY

	Self-Care Activity 5							
	Self-Care Activity 5							
	Instructions: Plan one small self-care activity for each day of the week, and aim to address each wellness category at least once during the week.							
	Monday	f-Care: Week of Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Book	Booklet Page 15							



Se	elf-Care Activity 5 Continued
	the end of the week, look at your chart and notice which wellness categor u did self-care for and which ones you were not able to do.
	Check off each wellness category you did self-care for.
	If there are wellness categories you were not able to do self-care for, try to focus on those for the following week.
	☐ Emotional and Intellectual: Coping effectively with life and recognizing creative abilities or expanding knowledge and skills
	☐ Physical and Environmental. Recognizing the need for physical care and occupying pleasant, stimulating environments
	☐ Social: Developing a sense of connection and a well-developed support system
	☐ Spiritual: Expanding our sense of purpose and meaning in life
	Occupational Personal satisfaction and enrichment derived from one's work
	☐ Financial: Satisfaction with current and future financial situation

r!).	you did or did not like (this will
	nd if you were able to overcome
hts:	
care activity. I did not enjoy mindful br	eathing and should try to find an alternative.
for an hour, so next week I will set an ala	rm on my phone to reminal me! I wasn't able to
id id	id you do it? whe: Grane activity, I stid not enjoy minefful b

	Self-Care At Home Reflection sometime like a low value or garging in off on, or the short in reflect is what a state and of the first the short and the sho			
Self-Care Reflection	Self-Care Domain Developed and transferct ad	Top 2 Self Care Activities	Unbelgifel Self-Care Activities	
Complete this activity after a few weeks of engaging in self-care.	Physical and Coulesmostal	1. 2.		
In the first column, write what self-care activities helped you	testal	L 2		
the <u>most</u> for each category.		L 2		
 In the second column, write what self-care activities helped you the <u>least</u> for each category. 	Competional	L 2.		
Booklet Page 17	Standal	L 2.		

	Self-Care At Home Reflection Questions
Self-Care Reflection	What changes do you notice now that you have been engaging in self-care more
Bell-Care Reflection	
After filling out the reflection chart,	2. What barriers did you experience and how did you deal with frem?
respond to the following 4	
questions to help with the	
development and maintenance of	5. What are some barriers to MANTANNIC self-care practice?
engaging in self-care.	
	4. What could you do differently going forward to continue engaging in self-care?
et Page 18	

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Any questions or comments before we end for the day

See Reference Handout for Sources of Information in the Presentation