



**The Well Station**

# Caring For The Caregiver





Caring For The Caregiver



# Objectives

- Caregiver questionnaire
- Feelings
- Stages of Caregiving
- Define Self care
- Importance of self care for a caregiver
- Discuss Caregiver Self Care Plan





# Caregiver Questions



- Exercise
- Get enough sleep
- Embrace healthy eating habits
- Take your medication
- Have healthy conversations with family/friends
- When I'm emotionally exhausted I'm blocking out time for myself
- I allow others to assist when they offer themselves
- If I were to need assistance emotionally I know where to receive help
- My faith community is aware I am a caregiver
- I have a hobby/activity that I enjoy weekly
- I have regular doctors visits scheduled for myself
- I have a plan for the future if the person that I'm caring for needs change
- If I am ill I have 3-4 people I can call

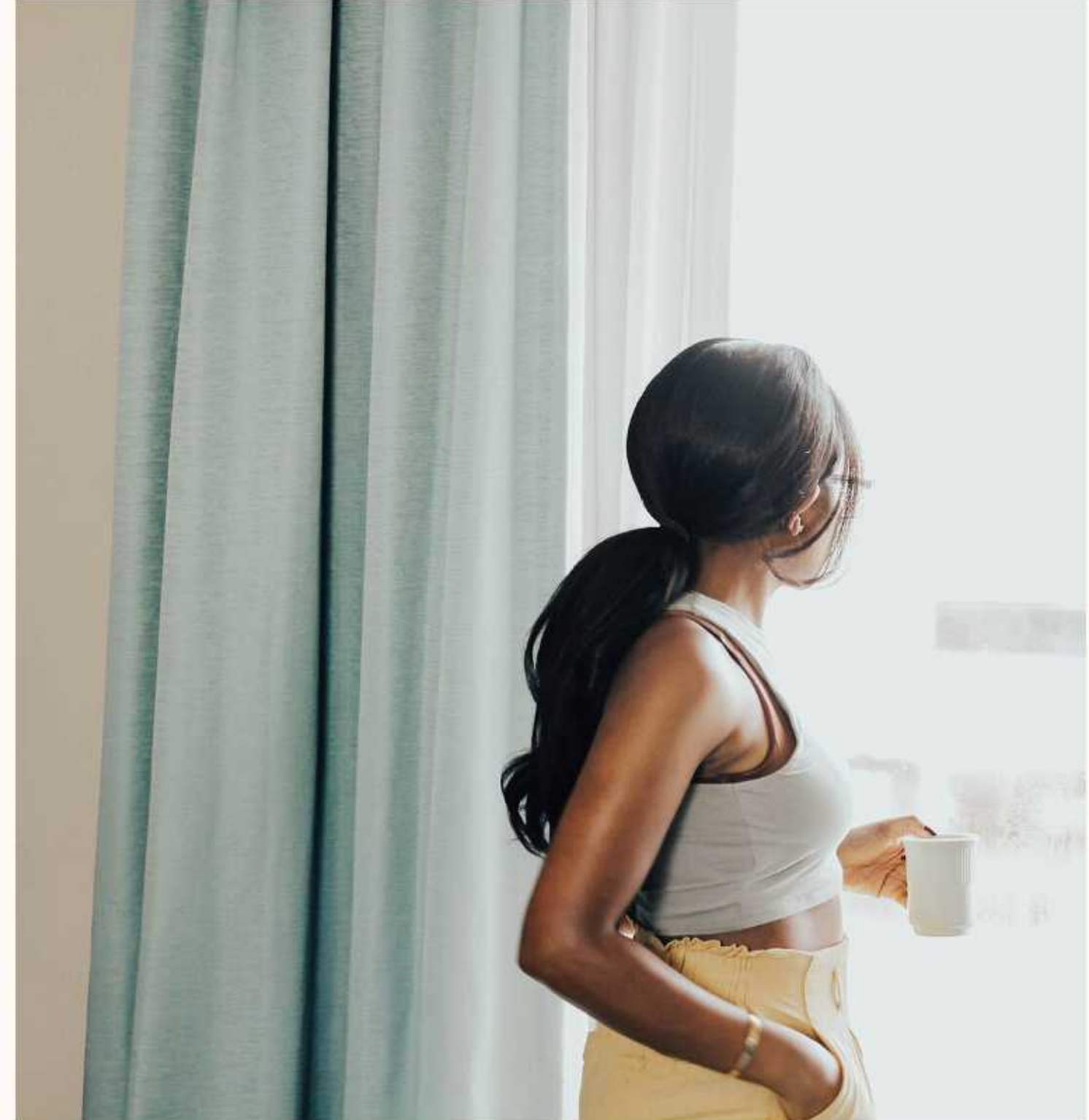




# How Do You Feel?



- Rewarding
- Guilty
- Taken on more than I can handle
- Wouldn't ask for help - MY responsibility
- Angry/Resentful
- Emotional Rollercoaster
- Love/Commitment
- Unbalanced
- Tired



# What Is Self Care?



Self care is taking care  
of yourself.

Doing exactly what  
YOU need to do to feel  
your best mentally,  
emotionally, &  
physically.







# Why Is Self Care Important?

- Reduces stress
- Reduces burnout
- Reduces negativity

# Ignore Your Self Care?



- Mental/Physical burnout
- Possible illness
- Endless exhaustion
- Declining relationships
- Poor hygiene
- Increased risk for depression

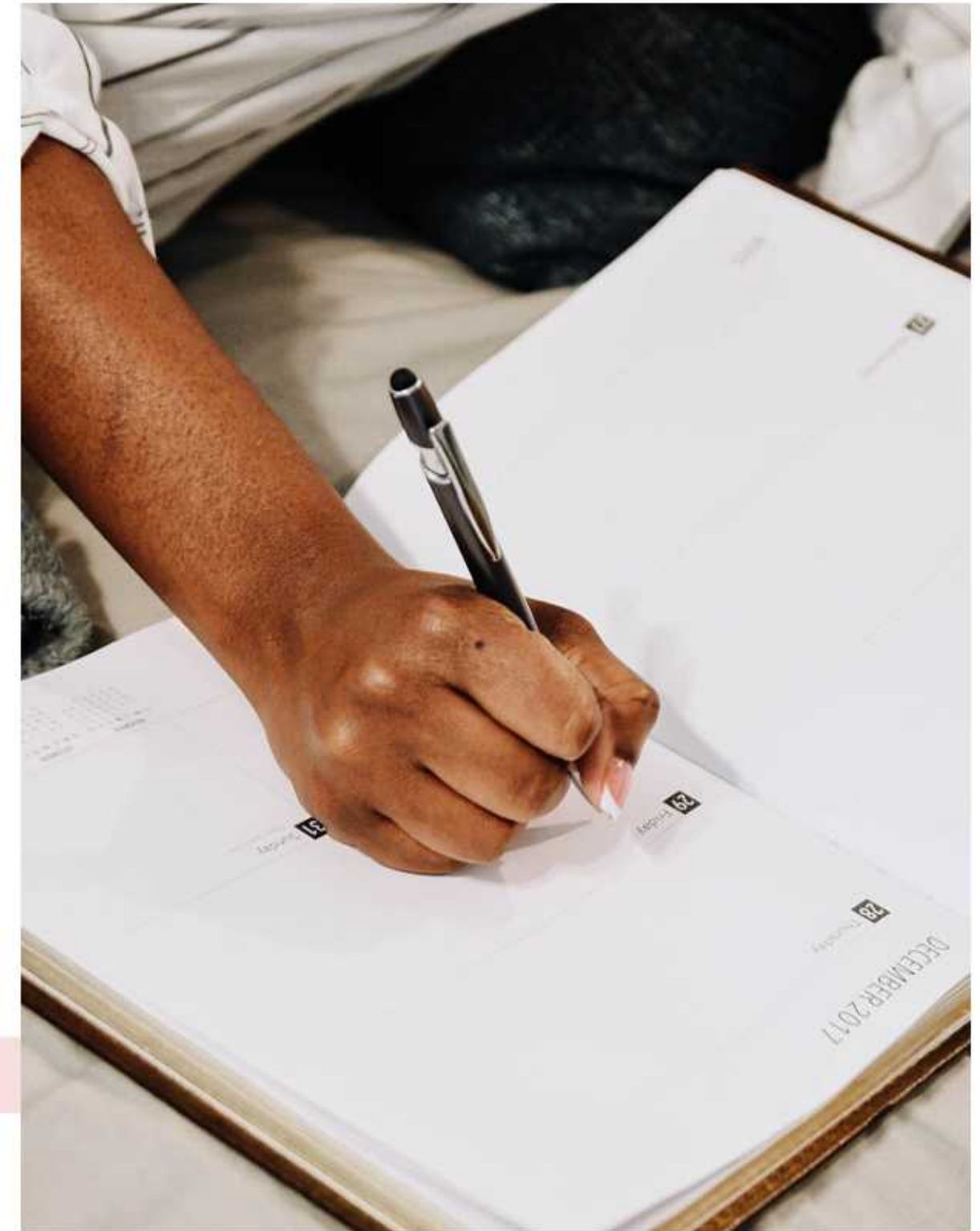






# Self Care Plan Suggestions

- Prayer/Meditation
- Remain Hydrated
- Enough Sleep/Rest
- Commit to regular doctor checkup
- Journal
- Medication Schedule
- Learn to take breaks
- Ask for assistance (Family/Professionals)
- Be honest with yourself
- Identify your support system/accountability partner







Self care is NOT selfish  
& is NOT optional. It's  
maintenance. - LizM.





# Additional Care Info

- Support Groups
- Important Documents
- Perfect is not always achievable
- Mind, Body, Spirit







# Remember:

You have to pour  
into yourself to  
replenish - LizM.







# **The Well Station**

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