

10 Ways to Stay Sane as a Caregiver



01

Connection

Experiencing a sense of connection with yourself, others and nature can be paramount and remind you that you are not alone. Take stock of your inner and outer circles of support. Consider the ways in which you feel most connected in nature. When do you feel the most connected?

02

Make Friends With The Unknown

We often fear what we don't understand and the loss of control can bring feelings of helplessness. Pause and reflect on what has gotten you this far. In the past, when has an unknown outcome surprised you?

03

Invite Curiosity

Invite a sense of curiosity into your life. Curiosity is a wonderful tool to use when you feel stumped, blocked or burned out. Imagine how someone else might approach your challenge or situation. Reframing your situation changes the energy.

04

Celebrate your Mastery

As a caregiver, you are a master at living with uncertainty, keeping your loved one safe and navigating uncharted territory. You wear many hats and you've likely discovered strengths within that you didn't know existed.

05

Express Creativity

Creativity opens the heart and mind. Being creative can be an internal or an external act such as thinking outside the box, cooking, rearranging furniture or writing.

REMEMBER TO BREATHE

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06

Remember You Have Choices

Take a moment to pause and reflect that you have a choice in every moment of your day. How you think about something or what you choose to put your thoughts on can offer a sense of freedom and control.

07

Gratitude

What went well today? Asking yourself this question at the end of the day or through journaling helps establish a sense of gratitude and can support your brain in rewiring new connections towards positive thinking and outlook in life.

08

Create Sacred Space

A simple, small act of creating an intentional space such as in a room, on a shelf, or even the corner of a desk can invoke and anchor a feeling of meaning and sacredness. What objects or colors are meaningful to you? What would you place in this space?

09

Movement

Movement is the act of life whereas stagnation invites a sense of stuckness. Movement invites flow and healing and can be experienced in many ways such as stretching, swaying, dancing, walking, and even rocking.

10

Listen/Breathe

Connect with your wise mind. Allow for the quiet moments. Breathe with awareness. When you quiet the mind, your body and spirit are welcomed to be more present to feed and guide you.

**BE GENTLE
WITH
YOURSELF**