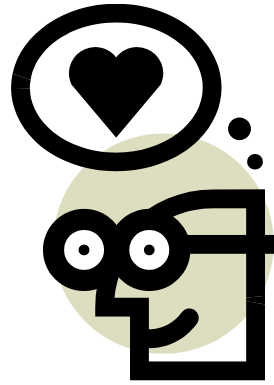


Who Is Taking Care of You?



Caring for the Caregiver

“We cannot see our reflection in running water. It is only in still water that we can see.” ~ Taoist Proverb



**THERE ARE ONLY
TWO TIMES
I FEEL STRESS:**



DAY

AND



NIGHT.

Effects of Stress:

...On your body

- Headache
- Back pain
- Chest pain
- Heart disease
- Heart palpitations
- High blood pressure
- Decreased immunity
- Stomach upset
- Sleep problems

...On your thoughts and feelings

- Anxiety
- Restlessness
- Worrying
- Irritability
- Depression
- Sadness
- Anger
- Feeling insecure
- Lack of focus
- Burnout
- Forgetfulness

...On you behavior

- Overeating
- Under eating
- Angry outbursts
- Drug and alcohol abuse
- Social withdrawal
- Increased smoking
- Crying spells
- Relationship conflicts

What is Self-Nurture?



Self-Nurture is:

- Unique
- Flexible
- Life Management
- Thoughts and Activities
- Done Alone
- Done With Others
- Not Prescribed
- Not Rigid
- Not a Burden
- Not Expensive

➤ NOT SELFISH

➤ NOT IMPOSSIBLE

Things We Tell Ourselves

“How can I take time off?
There’s so much to do.”

“How can I go off on my own
when my
husband/partner/other kids and
I spend so little time together?”



“It would be wrong for me to
do something for myself when
my child is having such
difficulty.”

“I should help ____ when I am
asked. Who else will?”

Common Types of Negative Self-Talk

- All or Nothing Thinking (Always and Never Statements)
- Disqualifying the Positives
- Negative Self Labeling
- Making Everything a Catastrophe
- Excessive Need for Approval
- Assuming You Know What Others are Thinking
- Should Statements
- Disqualifying the Present
- Dwelling on Pain
- Pessimism

Fight Your Negative Self-Talk



Check Your Thoughts

- Fact Check (if someone else said it to you, what would you say?)
- De-Personalize It
- “Benefit Of The Doubt” Filter
- Identify and Eliminate *Shoulds and Should Nots*
- Don't Judge Your Thoughts

After me, you come first



Some Ideas

- Journal
- Be Grateful
- Exercise
- Eat Well
- Get Plenty of Sleep
- Take a Bubble Bath
- Eat Chocolate
- Meditate
- Pray
- Take a Walk
- Practice Saying Nice Things About Yourself
- Try New Things
- Yoga
- Call a Friend

Share Your Tips

peace.

it does not mean to be in a place
where there is no noise, trouble
or hard work. it means to be in
the midst of those things and still
be calm in your heart.

(unknown)