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

Mayo Clinic- www.matoclinic.com/health/stress-symptoms/SR00008_D/METHOD=print
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)