

The Ontario Caregiver Organizations Presents the SCALE Program
Supporting Caregiver Awareness, Learning & Empowerment

SESSION 2: STRATEGIES FOR CAREGIVER MENTAL HEALTH & WELL-BEING

Week 4: Time for Self-Care While Caregiving

These might be the signs that we are not taking proper care of ourselves.

- Low energy
- Feeling hopeless
- Less patience
- Increased headaches, stomach aches, and other physical symptoms of stress
- Difficulty falling and staying asleep
- Challenges in choosing healthy food and urges to eat “comfort” foods
- Worsening mental health symptoms like depression and/or anxiety
- Feeling “burnout”
- Difficulty concentrating
- Strain or distancing in the relationship with your spouse or partner
- Less patience with your children
- Reduced performance at work
- Less motivation to engage in social activities

Questions you might want to ask yourself that can help you identify what you are feeling at any given time:

- How good am I at identifying how I am feeling?
- How well do I know whether I am happy?
- How well am I able to notice when I am angry, sad, bored, etc.?
- How good am I at identifying emotional swings in myself?
- How well do I know why I have certain feelings?
- How good am I at finding the right word(s) to use to express my feelings?
- In which ways do I express my emotions (e.g., writing, talking, painting, etc.)?

The ABC's of Self-Care

- Acceptance of humanity and needs
- Boundary setting, establishing the “I”
- Create a schedule
- Devote time and attention to self
- ENJOY!!

Points to Remember:

- Create boundaries to allow yourself space to exist and engage in self-care.

- Acknowledge that guilt might exist when engaging in self-care and that it's normal.
- Self-care doesn't necessarily have to take a lot of time. Learning how to say "no" can free up lots of time.

Always Remember:

