

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

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

### **Week 3: Find your Caregiver Strengths**

#### **Why Learn About My Strengths?**

- Improve Mood
- Improve Self-Esteem
- Stimulate Personal Growth

#### **What are My Unique Caregiving Strengths?**

- What gives me energy?
- What am I good at?
- What do I do best?
- What comes naturally to me?

#### **Qualities that Help Identify Areas of Strength**

- Virtue of Wisdom
- Virtue of Courage
- Virtue of Humanity
- Virtue of Justice
- Virtue of Temperance
- Virtue of Transcendence

#### **How to Bring Out Your Strengths:**

- **S**pot, **E**xplain, and **A**ppreciate your strengths and in others
- Red and Green Activity
- Self-monitor your strengths
- Strengths Journaling
- Use your strength in a new way

Turn your lesser strengths into something positive.

Can you change anything in your caregiving situation to work more with your strengths?

**Resources:**

Book:

The Power of Character Strengths: Appreciate and Ignite Your Positive Personality by Ryan Niemiec and Robert McGrath

Websites:

[www.viacharacter.org](http://www.viacharacter.org)

<https://www.homecareassistancenaples.com/how-can-i-identify-my-strongest-caregiving-abilities/>

<https://hospitalnews.com/what-are-your-strengths-as-a-caregiver/>

[www.internationaljournalofwellbeing.org/index.php/ijow/article/view/1441](http://www.internationaljournalofwellbeing.org/index.php/ijow/article/view/1441)