



**National Family Caregiver Month Statewide Toolkit  
Monday, November 06- Sunday, November 12, 2023**

***Self Care for Caregivers***

**Monday,  
Nov 06**

[Link](#) to the image provided

All links can be saved as a PNG and used on social media and in newsletters

An infographic with a light gray background. At the top, the title "Simple Ways to Practice Self-Care That Won't Overwhelm You" is written in a dark blue font. Below the title, a subtitle reads: "Family caregivers show compassion for others, but how often do they show themselves that same level of kindness? Beyond bubble baths, here are some ideas." The infographic features six light orange circles arranged in a circular pattern, each containing a self-care tip: "Express gratitude", "Keep track of your accomplishments", "Gift your inner child", "Create something", "Unplug", and "Make a cozy space". In the center of these circles is the hashtag "#CaregiversConnect". At the bottom of the infographic is the Wisconsin Family and Caregiver Support Alliance logo, identical to the one at the top of the page.

**For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:**  
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**Monday,  
Nov 06, cont.**

From the Nevada Lifespan Respite Care Coalition



<https://youtu.be/fPDKg6fWSZk> –

Compassion means showing empathy, love, and concern to people having difficulty, and self-compassion is simply directing these same emotions towards yourself. Caregiving is hard, yet caregivers are particularly hard on themselves when they are not as nurturing or as self-sacrificing as they expect to be. Caregivers may fear indulging in self-pity, allowing any weakness or failure to occur, or letting negative emotions to take over. Superhero you may be, but super-human, you are not. LOVE YOURSELF

From the Nevada Lifespan Respite Care Coalition



<https://www.youtube.com/watch?v=yvS-KQXBcVk> – Journaling is mostly setting aside time to think. And time to think is vital for good decision-making and for good mental and emotional health. Journaling helps you understand thought patterns, work through difficult emotions, reflect on certain events, or cultivate more gratitude in your everyday life. Journaling is an incredible stress management tool that lessens the impact of physical stressors on your health. It is also a way to “check in with yourself” and process your emotions – instead of ignoring them or pushing them away. PLAN THINKING TIME

- **Resource to share** from @FamilyCaregiverAlliance – [Taking Care of YOU: Self-Care for Family Caregivers toolkit though Family Caregiver Alliance](#)

**Tuesday,  
Nov 07**

- Resource to share from Urban Souther – “Self-care is not all salt baths and chocolate — it is also creating a life you don’t feel the need to escape from.” [How to Use Self-Care to Create a Life that You Don’t Need to Escape – Urban Southern](#).
- From the Nevada Lifespan Respite Care Coalition



<https://www.youtube.com/watch?v=J0qbyWYJVMI> – Movement is healthy. It releases tension. It lifts your spirits. It helps you recharge. Yet over 60 percent of American adults do not get enough physical activity, and over 25 percent of adults are not active at all. Any exercise may feel hard at first, but as you become more consistent, your body gets stronger. MOVE IT

- From the Nevada Lifespan Respite Care Coalition



<https://youtu.be/WHnCzw92IPw> – Loneliness is all too common for caregivers. Connection is more than just being around other people. It means sharing an emotional bond or interacting with people connected to us through mutual experiences, relationships, work, or social groups. MAKE CONNECTIONS

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## JOIN A SUPPORT GROUP



A form of self-care can be connecting with others like you. Both online and in-person support groups can help you feel like you are not alone. To continue to be a great caregiver, you must take care of your physical and emotional health.



**View the QR Code for a list of statewide virtual, telephonic, and online events for caregivers.**



**#CaregiversConnect**

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**Wednesday,  
Nov 08**

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image provided

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newsletters

- Resource to share from @Yoga4Caregivers – Yoga classes and online caregiver wellness membership community <https://www.yoga4caregivers.com/>
- Resource to share from @GenerationsUnited – [GPDayTipSheet-Self-Care \(gu.org\)](#)
- Resource to share from @GenerationsUnited – [GPDayTipSheet-Self-Carees-TSG-Es \(1\).doc \(gu.org\)](#) - Spanish
- From the Nevada Lifespan Respite Care Coalition



<https://youtu.be/7U0qUtOatOc> – You are surrounded by noise, both physical and mental, that spikes your blood pressure and heart rate, releases stress hormones, disturbs your sleep, and affects your ability to focus. Imagine dealing with noise when you are under pressure, feeling stressed out, anxious, and in need of healing. Take care of your health by filtering or limiting your exposure to noise. BLOCK NOISE



### Self-Care in Nature

1. TAKE YOURSELF ON A PICNIC
2. HIT THE TRAILS
3. TRY A GUIDED MEDITATION
4. START A GARDEN
5. GO BIRD WATCHING
6. JOURNAL OUTSIDE
7. DRAW WHAT YOU SEE
8. GO TO AN OUTDOOR EVENT
9. ENJOY THE SUNRISE OR SUNSET

[openspaceauthority.org](http://openspaceauthority.org)



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**Thursday,  
Nov 09**

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*Question time!*

**FAMILY CAREGIVERS:  
WHAT IS YOUR PRACTICE FOR SELF-CARE?  
COMMENT BELOW!**



- From the Nevada Lifespan Respite Care Coalition



<https://youtu.be/8hKMehQGh1U> – Getting the recommended hours of quality sleep makes a huge difference to your wellbeing. Getting it on a consistent basis improves your immune system, mood, and work performance. But getting uninterrupted sleep is often a luxury for caregivers. Age, emotional stress, depression, physical inactivity, chronic disease, and nontraditional or constantly changing sleep/wake cycles are all risk factors for sleep disorders like insomnia. While caregiving responsibilities often take priority, caregivers need to be mindful of their own wellbeing and avoid sacrificing sleep. **CHOOSE SLEEP**


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	<ul style="list-style-type: none"><li>• From the Nevada Lifespan Respite Care Coalition  Nevada Lifespan Respite Care Coalition <a href="https://youtu.be/D9c3MN_BPK8">https://youtu.be/D9c3MN_BPK8</a> – Affirmations are positive statements that help you challenge and overcome negative thoughts. Like repetitive exercises for your physical health, affirmations exercise your mind and outlook. Use affirmations when you want to see a positive change take place in your life. For instance, do you wish that you had more patience, deeper relationships with your friends and colleagues, or a more productive workday? UPLIFT YOURSELF</li><li>• Resource to share from @NationalCouncilonAging: <a href="https://www.ncoa.org/learn-to-avoid-the-harmful-effects-of-caregiver-stress">Learn to Avoid the Harmful Effects of Caregiver Stress (ncoa.org)</a></li></ul>
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**Friday,  
Nov 10**

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- From the Nevada Lifespan Respite Care Coalition




<https://youtu.be/qtXCkklG9I> – Fill your

lungs slowly and deeply to recognize how tight your body is. Relax into that breath and count slowly in and as you release it out. It is a calming technique every caregiver needs to know and use. The quality of your breath is directly related to your stress levels. When you are more stressed, your breathing rate becomes faster and shallow in your chest. When you are relaxed, you breathe slower and more deeply towards your belly. By purposely slowing down your breathing rate and taking deeper breaths, you consciously begin to relax. BREATHE DEEPLY

- Resource to share from @AARP – [Supporting Employees That Are Working Family Caregivers \(aarp.org\)](#)

## NATIONAL FAMILY CAREGIVER MONTH EMPLOYED CAREGIVER SUPPORT & AWARENESS




**Does this sound like you?**

**Balancing Work Responsibilities and Caregiving Demands Often is Difficult**

- ★ You may need to make phone calls from work to doctors or to arrange home care, coordinate with other family members providing care or check on your ill or elderly family member.
- ★ You may need to leave work early or come in late to take your family member to a doctor's appointment.
- ★ If emergencies arise, you may need to take time off from work for a few hours or even several days.

**You are not alone...**

**1 out of every 6 employees in the U.S.** provides care to a relative or friend. And the number is growing – as people are living longer, often with complex care needs, and family members step in to fill caregiving gaps.





**TALK TO YOUR EMPLOYER ABOUT CREATING A CAREGIVING-FRIENDLY CULTURE AT YOUR WORKPLACE!**

- From the Nevada Lifespan Respite Care Coalition



<https://youtu.be/ZLz2UkDmlMg> – To

best support your loved one, you must be strong and actively



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	<p>present, so be sure to schedule respite time for yourself to relax and recuperate. Continue doing things you love like reading, cooking, or hanging out with friends. To avoid burnout, talk to other family members and friends and ask them for help. DO “YOU” MORE</p>
<p><b>Saturday, Nov 11</b></p> <p><a href="#">Link</a> to the image provided</p> <p>All links can be saved as a PNG and used on social media and in newsletters</p>	<div data-bbox="532 480 1318 1136" data-label="Image">  </div> <p>Resource to share from  @internationalassociationforindigenousaging-IA2 – <a href="#">International Association for Indigenous Aging Caring for Caregivers page</a></p> <ul style="list-style-type: none"> <li>○ Includes access to their original images for the campaign</li> <li>● From the Nevada Lifespan Respite Care Coalition</li> </ul>  <p><a href="https://youtu.be/GD6pQDrUwll">https://youtu.be/GD6pQDrUwll</a> – Before stress makes you sick, ask friends, neighbors, or family members to help temporarily with some of the work of care. Asking for help does not mean that you have given up on your loved one or no longer love them. Are you not asking for help because...</p> <ul style="list-style-type: none"> <li>○ You do not know what kind of help to ask for?</li> <li>○ You do not want to bother anyone?</li> <li>○ You feel guilty if you do not do everything for the person in your care?</li> </ul>

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	<ul style="list-style-type: none"> <li>○ You are afraid the answer will be “No?” To be fair, do not ask at the last minute. Let people know you will need help a few days ahead of time so they can adjust their schedule. Explain why you need the help. It is easier for someone to help you when they know exactly what you need. Of all the tasks you could have them do while you are away, ask only for what you know the person can give. Find out what each person can and is willing to do. Give them a chance to try. Be satisfied with “Good Enough.” ASK FOR HELP</li> </ul>
<p><b>Sunday, Nov 12</b></p>	<ul style="list-style-type: none"> <li>● From the Nevada Lifespan Respite Care Coalition   <p><b>Nevada Lifespan</b> Respite Care Coalition</p> <p><a href="https://www.youtube.com/watch?v=DA3R1XR2-E4">https://www.youtube.com/watch?v=DA3R1XR2-E4</a> – Have you ever heard people say they would not want to change something hard they experienced because it had meaning, resulted in growth, was a valuable lesson learned, or ultimately opened opportunities they had not foreseen? It is a beautiful moment to realize that a personal sacrifice of time and effort allowed you to respond to someone else’s true needs. Your sacrifice became a hopeful, healing message of “you are not alone.”</p> <p>When you think about pain, you automatically think of physical pain. Most people are not aware of the fact that emotional pain shares the same pathways in your brain as physical pain and your body registers it in the same way. Pain demands to be felt and that you tune in to what is going on inside of you. Ignoring pain from any source makes as much sense as ignoring a broken leg. LEARN “PAIN”</p> </li> <li>● From the Nevada Lifespan Respite Care Coalition   <p><b>Nevada Lifespan</b> Respite Care Coalition</p> <p><a href="https://youtu.be/4feyalbgJIU">https://youtu.be/4feyalbgJIU</a> – When life seems chaotic, routines are great stress relievers even when circumstances are challenging. The more “normal” the day seems, the less stress on your stress control systems. Having a routine can be helpful at any time, particularly if you are trying to establish self-care habits, but these routines can be particularly important when aspects of caregiving make your life feel uncertain. MAKE IT “ROUTINE”</p> </li> <li>● Resource to share from Seasons: “What does it mean when you’re grieving a loved one who’s still alive?” This article includes</li> </ul>

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	<p>resources and tips for managing anticipatory grief and general grief: <a href="https://www.seasons.com/what-is-anticipatory-grief-and-why-is-it-a-burden-on-caregivers/2580445/">https://www.seasons.com/what-is-anticipatory-grief-and-why-is-it-a-burden-on-caregivers/2580445/</a></p>
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