

Hope for Your Caregiving Season: 3 Rs to Reinforce Your Caregiving Resilience

When we are no longer able to change a situation,
we are challenged to change ourselves.

~Viktor E Frankl



Resilience feeds Hope

1. Caregiving Requires Resilience
2. Tools to Reinforce Your Resilience
3. Get Support, it's Everywhere

Caregiving requires resilience.

Resilience is the ability to recover from setbacks and adapt to challenging circumstances and is required to thrive and flourish. *Reinforce your resilience even in the unknowns, joys and weariness that is caregiving.*

Tools to feed your resilience.

Reconnecting With Your Why

Research findings suggest that connecting to personal values can help people be more resilient in the face of stress.



*Happy and
Healthy
as long as
possible.*

*What is getting you down or hard to get
motivated to do?*

What is your Why? Is it the same in each situation?

Resilience



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Recognizing Boundaries

Boundaries help us see the end of our responsibilities and the beginning of other's responsibilities.

Write everything you have on your mind. Keep writing even when you don't think you can think of anything else.



"Anything that does not belong where it is, is an "open loop" pulling on your attention."

-David Allen



Rayna@aseasonofcaring.com | 620.921.0082 | www.aseasonofcaring.com

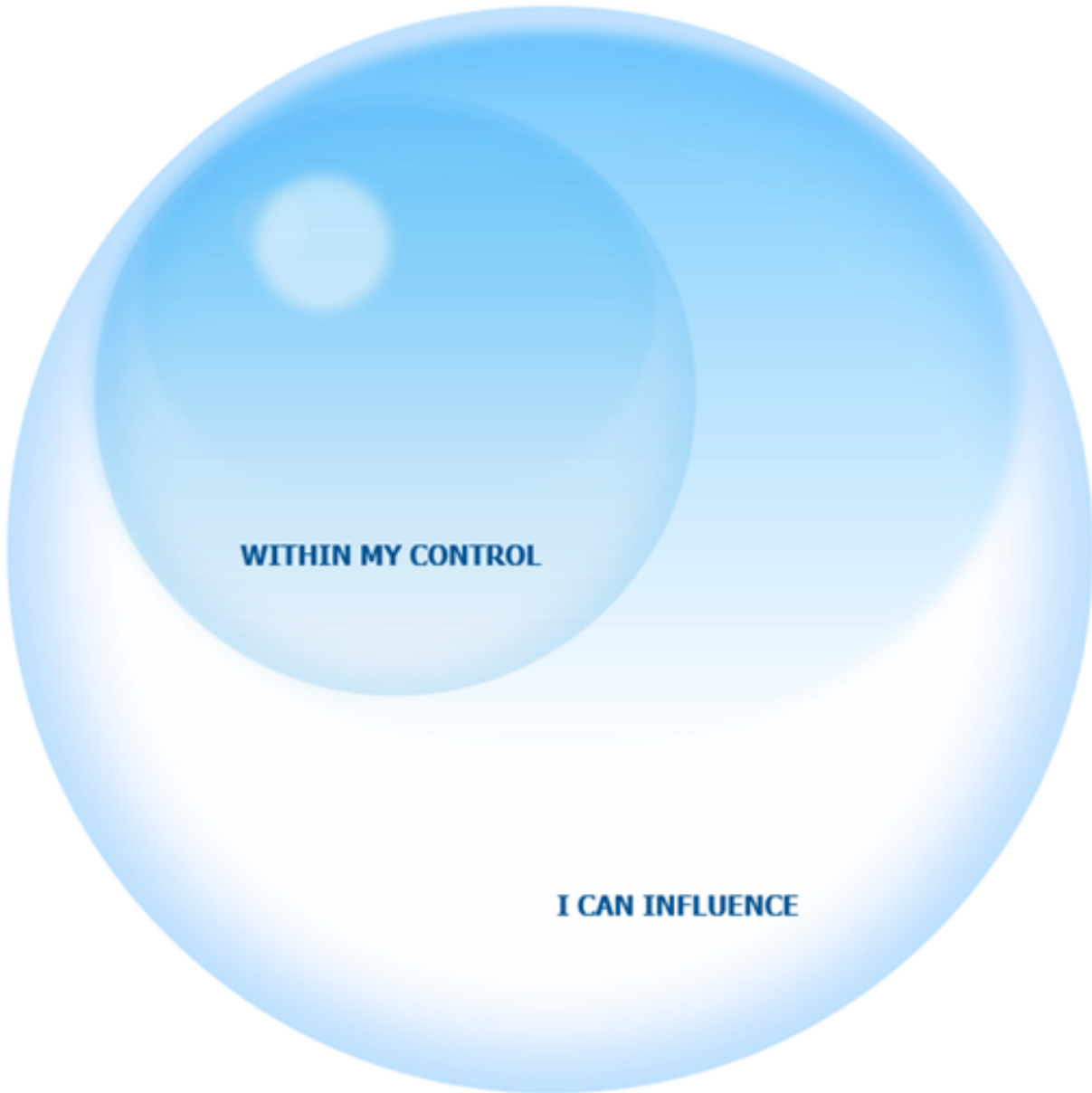


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Recognizing Boundaries

Sort your thoughts generated into the correct circles below.

EVERYTHING ELSE...



What do you notice about your spheres of influence?



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Reframing Your Experiences

Reframing refers to the process of altering our perception of a situation by looking at it from a different angle or viewpoint, which can still be logically valid. This changes the meaning of the situation and can affect our emotions towards it.

What do you need to reframe?



Support is essential.

Going it alone is not an option.

You are good at a lot of things. When we ask for help, it's because we recognize that we cannot do everything on our own. Asking for help shows strength, and it means recognizing that we can't do everything alone.

"You can do anything. You just can't do everything." — David Allen



If you could give up anything you are doing today, what would it be? Who could support you with that?



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Build Your Team

Who is missing on your team?

List all resources you can think of or might need to contact for help.



www.caringquiz.com

Take this quiz to learn your caring personality. What strengths and weaknesses do you have and do others on your team have?

What have you learned today?

What will you commit to help feed your Hope?

