

How to Care for Yourself as a Caregiver

What's at risk for healthcare workers?

As a caregiver, you are profoundly at risk for burnout. Check any of the symptoms below you have experienced recently:

- ☐ Irritability
- ☐ Withdraw from others & responsibilities
- ☐ Loss of interest for activities you enjoy
- ☐ Procrastinating
- ☐ Change in appetite, weight or both
- ☐ Sleep problems
- ☐ Get sick easily
- ☐ Emotional & Physical exhaustion
- ☐ Going into work late/leaving early

Thoughts about your symptoms here ↓

Prioritizing Emotions and the Body- Reflections

Health workers & caregivers run predominantly on mental strength. Their days are full with making decisions, handling crises, and relaying important information. The stress of this is stored in the body, and affects emotional processing.

Why do you think it's so easy to neglect emotional processing and body awareness?

What is one way you can begin processing your emotions with more intention this week?

What grounding exercise(s) can you incorporate this week to begin engaging your body, allowing the stress to release? (standing barefoot in grass, exercise, drinking cold water, smelling a candle, diaphragmatic breathing, 5 senses exercise, etc.)

Is there a feeling(s) or a situation you've noticed yourself avoiding lately? Take the first step of acknowledging it by writing it down here: