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Caregiver Wellness Booklet



Provided by:



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Forward

Small amounts of self-care along the way is a better plan for living well than a crash course in wellness when you are so exhausted that it is difficult to even start.

Also, wellness does not mean that you won't ever feel stressed or tired. You're not going to eat healthy or exercise everyday. You'll always have peaks and valleys. Wellness is a lifestyle choice. You may get off track, but that doesn't mean you can't get back on track and ensure you spend at least a small amount of time on your one thing that makes you well.

Enjoy and have fun.

You deserve the best and you deserve to take the time and energy to care for yourself. Everyone will benefit.

I was thrilled to be asked to help in the creation of this Wellness Book. Being emotionally, physically, mentally and spiritually well permits you to be the best caregiver you can be. When you are well, your belief in yourself, in others, in the system and the world in general improves. Everyone benefits by you taking care of yourself.

Allison Reeves, M.A.

Wellness is something you uniquely create for yourself.

Consider this your own personal wellness journal.

You can write in it daily or just occasionally. Record ideas, tips and quotes that help you feel more rested, relaxed, energized and positive overall.

Then read through your booklet each day to remind yourself of ways to support your own health and well-being.

Wellness and the Family Caregiver

When you provide care for someone else, you can only continue to do so over the long term if you care for yourself as well.

Staying well is one of the most important things that you can do for both yourself and for those for whom you provide care.

If you don't take the time to care for yourself, it becomes even more difficult to care for your family member or friend. Or you struggle for a very long time not being very effective and you feel guilty, pretending everything is fine when it isn't. It is important to refuel yourself if you are going to continue to give to others.

Wellness is caring enough about yourself to take stock of your life, make the necessary changes and find the support to maintain your motivation.

Michael Arloski

Sleep well.

Before bed each night, list 3 things you are grateful for today.



**Things that make me smile, laugh
and feel good...**



**Nourish your body
with healthy food.
Ensure you drink lots
of water to keep your
body hydrated.**

**Remember laughter helps
keep things in perspective and
is good for you too. Have a
good belly laugh today!**



Usually each of us has one thing that makes us well. It energizes us and when we are involved in it we are more motivated to take care of ourselves in other ways.

When we feel we don't have time to do a lot to keep ourselves well, we can make time for this one activity and it will impact all areas of our lives. We will be a better mother, son, wife, husband or caregiver. For some people it will be physical exercise, for others gardening, reading or painting.

Dr. Lara Lauzon
Health and Wellness Consultant

What makes you well?

Other ways I can create health and well-being in my life...

(physically, emotionally, mentally and spiritually)

Activities that I used to enjoy doing and will make time for again...

(passions, hobbies, interests...)



Replace your negative self-talk with
positive and encouraging statements.
Repeat these positive statements to
yourself when you feel stressed
or overwhelmed.



Quotes that make me feel more positive and motivated...



Celebrate each day.
Treat yourself as you would
your best friend.
Maintain a positive and
appreciative attitude.

*“When you change the way you look at
things, the things you look at change.”*
Wayne Dyer

Well-being also includes connecting with others, asking for help and sharing the care. **Ways that I connect with others and receive support...**



Breathe deeply several times per day.

Sit quietly and have a cup of tea.

Spend time to stretch your body each day.



Things that help me relax...



**Maintain connections
with family and friends.**

Ask for help.

Share the care.

