

ACTION PLAN: CARING FOR THE CARER

Being in a caring role can be difficult, however, whether you are caring for a parent, spouse or child, the caregiving role can also be rewarding.

Being a carer for someone else can bring about feelings of satisfaction knowing that you are able to help someone that you love, strengthening the relationship between yourself and the person being cared for.

As part of this, there is opportunity for personal growth and to develop new skills as part of the transition, to become more aware of your personal needs and to create new routines to support you.

Complete the four quadrants as part of your session action plan.

What are your early warning signs that indicate you need to prioritise self care?

What boundaries can you put in place to make space for self-replenishment?

What are your top three go-to self-replenishment strategies?

(Note, sometimes the simplest things matter the most!)

What are three sentences you can adopt to be more self-compassionate?