



Focusing on the Forgotten....ME

Body Scanning Meditation

Sit in a comfortable position with your legs uncrossed and with your arms, legs, and head supported.

Take 2 slow deep breaths.

What do you notice? Do you feel tense or relaxed? Don't judge. If there is tension, breathe into it.

Notice your feet and legs. Do you feel tension or are they relaxed? Don't judge. If there is tension, breathe into it.

Notice your abdomen. It is tense or relaxed? Don't judge. If there is tension, breathe into it.

Notice your chest and arms. Do they feel tense or relaxed? Don't judge. If there is tension breathe into it.

Notice your head and neck. Do you feel tension or relaxed? Don't judge. If there is tension breathe into it.

Beliefs or Barriers to Self-Care

Do any of these sound familiar?

- There is no time to take care of myself.
- There is no money to take care of myself.
- It is selfish to focus on myself.
- If I focus on how I feel, it could be too painful or overwhelming.
- If I don't do it, it won't get done, or it won't get done right.
- There is too much at stake. I have to be in control. I need to control the outcome.
- I just cannot say NO! If I say no, I run the risk of others being angry with me.
- It's my role, my job, my identity. I am socialized to be the Caregiver.



How can you challenge or work with some of these beliefs? Here are some strategies that may work for you:

- Be flexible and willing to make changes over time.
- Find no or low cost activities that you enjoy.
- Don't wait for vacation! Take just a short bit of time and add some self-care minutes to each day.
- Try to plan ahead for a longer period of time, whether its two hours or two days when you can have a break from all the daily demands. Use this time to focus on you.
- Make a routine or shake up a routine. Sometimes daily rituals provide self-care but sometimes it helps to shake up the routine and try something new.
- Retreat or reach out to restore yourself. Maybe you restore yourself with alone time, or maybe it is most helpful to reach out to others for support.

Healing Connections

Identify connections that you would like to commit to in the week ahead.

- **Physical Movement** (stretch, dance, walk)
- **Senses** (sight, sound, smell, taste, touch)
- **Emotional** (laugh, cry, journal or notice feelings)
- **Social** (call a friend, greet a neighbor, write a letter)
- **Cognitive** (meditate/empty your mind, learn something, read, imagine)
- **Nature** (notice seasons, sit outside, bird watch, plant seeds)
- **Spiritual** (remember your values, pray, celebrate a ritual)

Please contact your local Caregiver Support Coordinator or the Caregiver Support Line if you wish to explore this information further.