



Creating a Space for You: Caring for a Loved One at Home

Caring for someone for whom leaving the home may be difficult, can significantly affect the Caregiver's ability to come and go freely. Naturally, being confined to home may color the experience of Caregiving. Even in the most pleasant and supportive home environment, not being able to leave freely may override the positive gifts, and cause one to lose sight of the homes nurturing aspects.

How may feeling confined be impacting you?

- Anytime you feel you have no choice, or are confined or limited by something or someone else, this may be a very difficult, wearing, and distressing feeling.
- Recognizing the choices that you have, and that you are making, can be empowering and help to offset feeling trapped. If you do not see or accept the real choice that you make, you may naturally succumb to the bitter, angry, helpless, or hopeless feelings that can take over when you view yourself as trapped and without choice.
- The choices you are making may be difficult. You may be choosing between one difficult solution versus another, but there is still a choice. Owning these choices and decisions can empower and support your personal freedom and esteem.

Attend to your feelings: Notice them, learn from them, and release them.

- Your feelings are a valuable source of information that act as a signal alerting you to your needs, boundaries, and what really matters to you. Caregivers who are more confined to home may find that it is more difficult to focus in on their own feelings because they are in such close proximity and affected by and focusing on the one they care for.
- Taking the time or a time out each day, to pay attention to your feelings, can provide a helpful boundary between yourself and others. In this way, you can attend not only to your loved one, but also can attend to what you feel and need. There are many ways that you may practice paying attention to and releasing your feelings. Some pay attention to their feelings by writing in a journal,



meditating, or find release during exercise, talking to a friend, family member, spiritual guide, or counselor.

Personal Affirmation

I am the keeper of my house,
my heart, its pulsing center.

It is I, who stokes the fire.

I am the grand castle and the humble hut.

This noble work, I tend,
with hands that comfort and create.

This toil I will honor and respect.

My arms spread wide, at this, my table,
and open door of thanks.

I will eat and share this food,
and nurture those who join me in my journey.

I am the keeper.

I am the sacred space.

A home, for healing tears, and flights of joy.

A treasure trunk of guarded memories.

Each morning sun and evening star will light,
all of nature's wonders with delight.

With each breathing in and out,

I abide the keeper of my house.

In it, I will hold the key.

All of this reflecting me.

Blessed be my home.

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