



Good Grief: Finding Hope in the Necessary Losses of Being a Caregiver

To be successful as a Caregiver you have most likely made many changes and adjustments in your life. You may never have considered that some of the adjustments you have had to make would be considered a loss.

The reason why this is important is that each loss has had an impact on you as a person, sometimes for the better, sometimes for the worse. It is important that you honor and acknowledge the impact of these losses so you can deal with your feelings and grow from the loss.

What losses can you identify as a result of your caregiving role?

- **Loss of job or career?**
- **Loss of income or financial strains?**
- **Loss of relationships or social connections?**
- **Loss of goals or dreams for the future?**
- **Loss of physical or emotional wellbeing?**

What benefits can you identify that are the result of your caregiving role?

- **Have you learned new skills?**
- **Have you learned to focus more on your relationships or what matters?**
- **Have you become more skilled with finances?**
- **Have you become more confident?**
- **Have your losses helped you grow as a person?**

Healthy Coping Skills When Dealing with Loss

Recognize and express the feeling attached to the loss

- **What feelings or losses do you need to recognize?**
- **How might you express your feelings related to your losses?**
- **Who can you share your feelings with?**

Live in the moment - There are different practices that can support your inner calm and clarity as you face the losses and strains in the present.

- **Use affirmations-** Affirmations can help you keep your perspective and can help bolster your positive outlook. Reading them aloud or write them down daily can provide a soothing focus when you are struggling in the moment.



Affirmations such as: "I am giving my best", "I am good and worthy of love"

- **Mindfulness**- is another method of living in the moment. There are many ways to practice mindfulness. When you pause and bring your full attention to the moment, such as purposely focusing on your breathing, a picture, or the sounds of nature, you can bring a renewed and calm presence to the day.

Focus on gratitude and express it.

- What or who are you grateful for today?

Engage in activities.

- What activities do you enjoy or help you cope?

Connect to others.

- Who might you connect with this week? How will you connect?

Get rest.

- How can you plan to get some rest?

Remember your values, beliefs, spiritual practices.

- How do your beliefs and spiritual practices help you make sense of your losses?

Ask for help.

- What help do I need. Who can I turn to for help?

Set goals for yourself.

- What goals do you have that you may want to pursue?

Exercise.

- How or when might you exercise or stretch?

Create a ritual of letting go.

- Identify a loss you wish to contemplate and create a ceremony to let it go