

# Caregivers' Cove

No one wishes to watch a loved one struggle with decline and fluctuations in their health. All the best for caregivers to stay resilient to bounce back from the ups and downs<sup>1</sup>.

## Focus<sup>2</sup>

on handling the present situation.

Prioritize and tackle challenges one at a time. Avoid getting entangled with past regrets, unhappy experiences and future worries.

## Sustain Positivity<sup>1</sup>

Stay flexible and adaptable. Go for what's manageable, not perfect.

Find your support allies. Give the best shot, keep up the good purpose and expect some good days ahead.

## Notice Your<sup>2</sup>

body sensations, desires and urges to do anything.

What are your thoughts behind these reactions? Being aware of yourself is a good place to start getting things under control.

## Go Easy<sup>2</sup>

with your schedule, activities and difficult thoughts.

Find space to rest and care well for your body and mind.



Photo credit: Unsplash

# 看护者港湾

没人希望看到自己亲人的状况变动或退化。  
祝看护者有坚韧性在上上下下的路程上回弹<sup>1</sup>。

## 看准<sup>1</sup>

处理眼前的状况。  
把挑战安排次序，  
一样一样来。  
避免让过去遗憾、  
不愉快往事和未来  
隐忧纠缠。

## 维持正面能量<sup>1</sup>

保持灵活和适应性。  
做能应付的，不用十全十美。  
征招您的得力军。  
尽能力发挥、意义切记于心  
和期盼前方有好日子。

## 留意您<sup>2</sup>

身体的感觉、意愿和有想  
做什么的冲动。  
在这些反应背后您有哪些  
想法呢？  
对自己有意识是好管控的  
开始。

## 处之泰然<sup>2</sup>

放宽时间表、活动和恼人  
的思绪。  
找空间让自己的身体和  
头脑好好休息和受照顾。



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