# 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

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



- "Beat Caregiver Burnout with 10 Resilience-Building Techniques", https://homecareassistance.com/blog/caregiver-burnout-caregiver-resilience, 2 Jan 2022
- 2. "Stress Resilient Mind", https://www.stressresilientmind.co.uk/articles/five-key-stress-resilience-skills, 2 Jan 2022

## 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。

### 看准

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

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

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。

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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Building Stronger Communities, *Together* 

- "Beat Caregiver Burnout with 10 Resilience-Building Techniques", https://homecareassistance.com/blog/caregiver-burnout-caregiver-resilience, 2 Jan 2022
- 2. "Stress Resilient Mind", https://www.stressresilientmind.co.uk/articles/five-key-stress-resilience-skills, 2 Jan 2022