

# Caregivers' Cove

When the going gets tough, some pillars keep us stable through ups and downs.<sup>1</sup>

## Know your

- motivational area
- strengths to tap on
- weaknesses to manage
- feelings and reactions about certain situations

## Take a step back

- check in with yourself
- make space and time to regain composure and awareness

## Build good relationships for

- sharing and receiving
- growth and encouragement
- healthy accountability

## Practice Self-Care

- intentionally
- regularly

## Connect with a larger purpose

E.g.

- religious faith
- family goals
- community projects



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# 看护者港湾

某些支柱在波折中让我们保持平衡<sup>1</sup>。

## 了解你

- 动力和什么有关
- 可善用的强项
- 需要处理的弱点
- 对状况的感受和反应

## 退一步

- 查看你自己
- 给自己空间和时间恢复状态和意识

## 建立良好关系

- 分享和领受
- 成长和鼓励
- 对自己健康负责

## 练习自我護理

- 刻意的
- 定时的

## 连接广大目的

列如：

- 宗教信仰
- 家庭目标
- 社区项目



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