

# Caregivers' Cove

Some personal traits can help caregivers over the long haul.<sup>1</sup> Let's check aspects we can still grow in.

## Patience

Caregiving tasks are often repetitive.

Are you feeling emotionally drained doing repetitions? It is not easy but be kind, understanding and gentle with everyone including yourself!

## Humour

Laughter is the best medicine.

Take a breather and find the funny angle to your old problems!

## Focused

Spend undistracted time with your loved ones.

What about making time for yourself?

You need it too!

## Humility & Openness

Everyone has limits. What if you can't do everything? Get help, talk to someone, stay open to new ideas and be flexible with arrangements.

## Clarity

Now what needs to be settled?

Organize, prioritise and make plans!

Convey your perspectives clearly if you need to involve others.



Photo credit: Unsplash

# 看护者港湾

某些个人特性给看护者的长途旅程充力<sup>1</sup>。  
我们来看看有哪些特性还可以增进。

## 耐力

看护项目常是重复性。  
您对重复的工作感到  
疲惫吗？

对大家和自己温和一些  
不容易！

## 幽默

欢笑是最好的良药。  
休息一下，您的老问题  
是不是也有好笑的一面？

## 专注

与家人享天伦之乐避免  
分心。  
您自己呢？也需要腾  
出时间做自己的事吧。

## 谦和开放

人人都有限度。  
不能事事都兼顾？请  
寻求帮助吧。不忘对事情  
安排保持开放和灵活  
的态度。

## 明确

现在需要处理什么？  
规划和计划一下。  
需要他人参与的话就  
应清楚表达。



图像源：Unsplash