

Caregivers' Cove

We have arrived at the third quarter of the year. Noticing what has worked for your self care (or not) will help you adapt and get through the next lap more safely¹.

Covid-19 has changed our lives²

- with constant news of health risks, near and far.
- stretching our comfort zones for new norms.
- increasing our stress!
- changing our dependency on one another.

Take 5 minutes, clarify and make notes

- what has been rewarding or frustrating for you?
- what adds to your self care, or drains it?
- what knowledge/skills/gadgets might save you time and energy?
- who might support you or lend a helping hand?

Reflect and review

- Pat yourself on the shoulder for what was successful!
- Notice what's not working yet, say, "let's change!"
- Move on to new norms, fresh goals, nurturing relationships.
- Care more for yourself, as someone depends on you.

Share with us your experience!

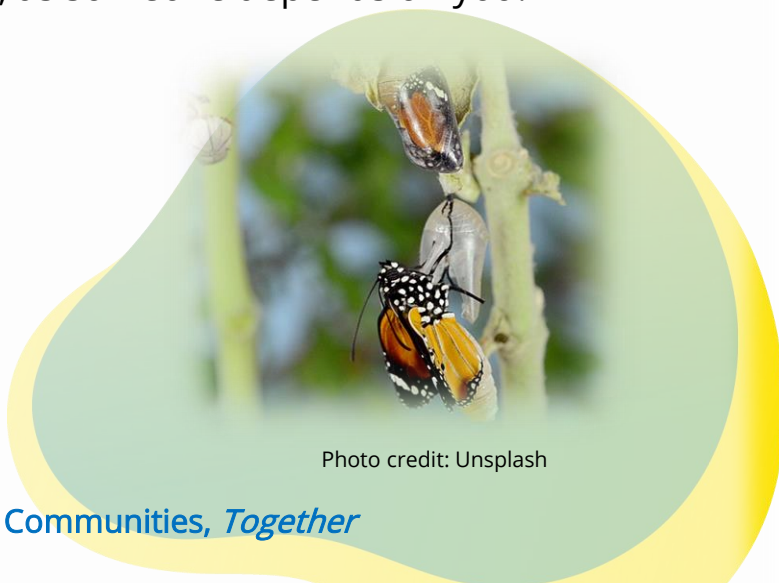


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看护者港湾

我们已抵达今年第三季。观察什么对您自护有效（或无益）有助您调整和更安全度过接下来的路段¹。

冠病改变了我们的生活²

- 到处都是健康风险之类的讯息。
- 伸张我们的舒适圈适应新常态。
- 增加我们的压力！
- 改变我们对彼此的依赖性。

花 5 分钟暂停、澄清和做笔记。。。。

- 什么事让您觉得满足或懊恼？
- 什么增加或削弱您的自护？
- 什么知识、技术或器材可替你省时省力？
- 谁会支持您或助您一臂之力？

检讨和审查

- 成功之处给自己奖励！
- 观察什么还不理想，说：“就改变吧！”
- 向新常态、新目标和好关系前进。
- 有人还需要您，请更爱护自己。

请和我们分享您的经验！



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