

“Preventing Caregiver Burnout: 17 Suggestions for Self-Care”

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Monday, April 25, 2022

Facing Illusions = *Being Realistic*

SUGGESTION #1:

Have *realistic expectations* of your self.

SUGGESTION #2:

Have *realistic expectations* of others.

SUGGESTION #3:

Ask for help from people you *can count on*.

SUGGESTION #4:

Be open to *additional resources* that might give you a break.

Detaching = *Responding not reacting*

SUGGESTION # 5:

Cultivate internal calmness.

SUGGESTION # 6:

Offer and let go – when it is safe to do so.

Setting Healthy Boundaries =

Knowing where to draw the line and how to do that

SUGGESTION # 7:

First, *listen to you* and know where you stand.

SUGGESTION # 8:

Create your *“I” statement* from what you know about yourself and what you can realistically do.

SUGGESTION # 9:

Then *assertively express* your boundary to others and be ready to *stick to it*.

SUGGESTION # 10:

Setting a schedule for your self which reflects *what you can and will do* and *your values and priorities* is an example of setting healthy boundaries.

SUGGESTION # 11:

Give your self *permission* to do these things for you.

SUGGESTION # 12:

Believe that it is *important* to have this restorative time.

Spirituality = *Living the Elements of the Serenity Prayer*

SUGGESTION # 13:

Consider the elements of the Serenity Prayer.

SUGGESTION # 14:

Be aware of what you can and cannot control.

SUGGESTION # 15:

Act on what you can do something about.

SUGGESTION # 16:

Develop your ability to let go of what you cannot control.

SUGGESTION # 17:

See your self and your situation in a larger context, having a sense of connection to something beyond yourself:
God/Higher Power/Universe/Spirit/Divine

