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SELF-CARE PLAN DEVELOPMENT WORKBOOK





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Partners

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Introduction

Welcome to the **Informal Caregivers' Self-Care Plan Workbook**! This workbook has been carefully designed with SupportCARE project's partners to support informal caregivers in their journey towards improved mental and physical health through the practice of self-care. Within these pages, you will find valuable tools, tips, and examples on exercising self-care, along with guidance on building your personalized self-care plan.

Open workbook, also in online version, fully includes tips, tools, techniques, exercises, practices and content for personal self-care, covering 6 topics:

1. What self-care is and why it's important;
2. Physical self-care;
3. Psychological and emotional self-care;
4. Social self-care;
5. Taking time for leisure;
6. Building own self-care plan.

1. What self-care is and why it is important

Self-care is a holistic practice that involves deliberately **prioritizing our physical, emotional, and psychological well-being**. It is a proactive approach to maintaining balance and harmony in our life. By engaging in self-care, we actively nurture and address our own needs, which in turn enhances our ability to provide care for others.

Self-care encompasses various dimensions, each playing a vital role in our overall well-being. **Physical self-care** involves taking care of our physical health through practices such as exercise, proper nutrition, adequate sleep, and regular medical check-ups. **Psychological and emotional self-care** focuses on nurturing our mental and emotional well-being by practising stress management, mindfulness and meditation, self-reflection, and seeking support when needed. **Social self-care** emphasises the importance of maintaining healthy relationships, setting boundaries, and seeking social support from friends, family, or support groups.



Leisure and recreation are also key aspects of self-care. Engaging in activities that bring us joy and relaxation is essential for rejuvenation and personal fulfilment.

It's important to recognize that self-care is a highly personalised practice. What works for one person may not work for another, so **it's essential to tailor our self-care plan to suit our unique needs, preferences, and circumstances**. By acknowledging and addressing any barriers or challenges that may hinder our self-care, such as guilt, time constraints, or external obligations, we can find creative solutions and prioritise our well-being.

In conclusion, **understanding the concept of self-care forms the foundation for recognizing its importance in your life as an informal caregiver**. By embracing self-care and incorporating its various dimensions into your daily routine, you can nurture your well-being, provide better care to your loved ones, and maintain a healthy and fulfilling lifestyle. Remember, **self-care** is not selfish—it **is a necessary component of being an effective and resilient caregiver**.

As an informal caregiver, you play a vital role in providing care to your loved ones. However, it is essential to **recognize that caregiving responsibilities can take a toll on your own well-being**. That is why self-care is crucial. Self-care refers to the intentional actions and practices that promote your physical, emotional, and psychological well-being. It is not a luxury but a necessity.

By prioritising self-care, you are not only benefiting yourself but also **enhancing the quality of care you provide to your loved ones**. When you take care of your own well-being, **you are better equipped to meet the challenges** of caregiving and **maintain a healthy balance in your life**. Self-care can help reduce stress, prevent burnout, improve emotional well-being, and enhance overall resilience.

1.1 Research and Insights

Before creating this workbook, we conducted content research on various aspects of self-care. We explored topics such as what self-care entails, why it is important, and how it can be incorporated into different areas of your life. This research has provided us with valuable insights that form the foundation of this workbook.



Additionally, we conducted surveys with informal caregivers of people with dementia in all partner countries to gain a deeper understanding of their current self-care practices and identify their needs. These surveys have allowed us to tailor the workbook to address the specific challenges and requirements faced by caregivers in different contexts.

Analysis of survey with informal caregivers of people with dementia

The partners of SupportCARE project from Germany, Belgium, Slovenia, Italy and Greece received altogether 130 questionnaires, filled by informal caregivers of people with dementia.

The survey responses revealed a range of needs, highlighting the diverse and complex nature of their caregiving experiences. **Some common themes** emerged across partner countries:

- **Professional Support:** Many caregivers expressed a need for access to professional support services for both themselves and the individuals with dementia.
- **Respite Care:** A significant number of caregivers identified the need for respite care - having access to temporary relief.
- **Financial Assistance:** The financial strain associated with caregiving was evident in the responses. Caregivers expressed a need for financial assistance to cover medical expenses, support services, and respite care costs.
- **Information and Education:** Caregivers expressed a desire for access to comprehensive information and educational resources about dementia care.
- **Emotional Support:** The emotional toll of caregiving was evident in the responses, with many caregivers expressing a need for emotional support.

The responses highlighted a variety of coping mechanisms adopted by informal caregivers to manage stress related to their caregiving responsibilities. Some common techniques and activities included:



- **Physical Exercise:** Engaging in physical activities such as walking, exercising, yoga, or swimming emerged as a popular stress-reduction technique.
- **Hobbies and Leisure Activities:** Many caregivers emphasized the importance of pursuing hobbies and leisure activities.
- **Social Support:** Connecting with friends, family, and caregiver support groups offered emotional solace and camaraderie.
- **Meditation and Mindfulness:** Practices like meditation, deep breathing, and mindfulness were identified as effective tools to manage stress and promote relaxation.

Joint analysis and country specific analysis can be found in the Annexes of this document.

1.2 The most important tips and recommendation

- **Create the needed space for self-care:** To take time for self-care is crucial, when following this workbook. Here are some steps to help informal caregivers to make space for self-care:

- **Acknowledge the Importance of Self-Care:** Recognize that taking care of yourself is not selfish but necessary for maintaining your own well-being and providing better care to your loved one with dementia.
- **Seek Support** Don't hesitate to ask for help from family members, friends, or support groups. Having a network of people who understand and can assist you can make a significant difference in your ability to take breaks and practice self-care.
- **Plan and Organize:** Schedule regular breaks and make a daily or weekly plan that includes time for self-care activities (self-care plan). Stick to this schedule as much as possible to ensure you have dedicated time for yourself.
- **Look into respite care¹ options:** These are services that provide temporary care for the person with dementia, giving you a break from your caregiving responsibilities.

¹ More information in the chapter "Taking time for leisure"



- **Set Boundaries:** Establish clear boundaries with family members, friends, and even the person with dementia regarding your caregiving role and your need for personal time.
- **Delegate Responsibilities:** If possible, delegate certain caregiving tasks to others, allowing you more time for self-care.
- **Education and Skill Development:** Consider participating in workshops or training sessions related to dementia caregiving. Gaining knowledge and skills can boost your confidence and effectiveness as a caregiver.
- **Consult Professionals:** Reach out to healthcare professionals or counsellors to talk about your challenges and feelings. They can provide valuable advice and emotional support.
- **Respect Your Limits:** Know your limitations and be realistic about what you can handle. Overextending yourself can lead to burnout, so it's essential to set reasonable expectations.
- **Practice Self-Compassion:** Be kind to yourself and avoid self-criticism. Understand that caregiving can be challenging, and it's okay to feel overwhelmed at times.

- **Seek professional help when needed** (e.g., psychotherapy): It is essential for informal caregivers to recognize the signs of emotional distress and seek professional help when other self-care practices don't work. Individual therapy, or counselling sessions tailored to the specific challenges of caregiving for dementia patients can be immensely beneficial in promoting the caregiver's overall well-being. Pay attention to the following feelings and find professional help:

- Overwhelming stress and feeling empty
- Persistent feelings of sadness
- Anxiety and excessive worry
- Difficulty managing challenging behaviours
- Strained relationships with the care recipient or other family members
- Feelings of guilt or resentment



- Lack of social support
- Difficulty adjusting to role changes
- Grief and loss

- **Search for financial assistance:** Informal caregivers of people with dementia may be eligible for financial assistance under various circumstances. It's important to note that the availability and criteria for such assistance can differ between countries and regions. Caregivers should research the options available in their area and reach out to relevant organizations or agencies to inquire about potential financial support. Here are some potential scenarios when informal caregivers might receive financial support:

- **Government Social Services:** Many European countries offer social support programs that provide financial assistance to caregivers of individuals with dementia. These programs can include caregiver allowances, respite care funding, and home-based services.
- **Caregiver's Allowance:** Some countries have a specific caregiver's allowance or benefit designed to provide financial support to individuals who provide care to loved ones, including those with dementia.
- **Disability Benefits:** If the person with dementia has a recognized disability, caregivers might be eligible for disability-related benefits that provide financial aid.
- **Long-Term Care Insurance:** In some European countries, long-term care insurance policies may cover certain caregiving expenses, including those related to dementia care.
- **Employment Benefits:** Some employers offer caregiver support benefits, flexible work arrangements, or employee assistance programs that can help caregivers balance work and caregiving responsibilities.
- **Local Charities and Non-Profits:** Various charitable organizations and non-profits may offer financial assistance, grants, or services specifically tailored to dementia caregivers.



- **Respite Care Funding:** Respite care services, which provide temporary relief for caregivers, might be funded by government agencies or charitable organizations.
- **Pension Systems:** Some pension systems may include provisions for caregivers, allowing them to receive benefits while providing care.

1.3 Your personalized self-care plan

Throughout the workbook, we will introduce you to a range of tools, techniques, practices or exercises that can assist you in your self-care journey. These resources have been carefully selected based on their effectiveness in supporting various aspects of self-care, such as meditation, stress reduction, time management, and exercise tracking. We will provide brief descriptions and instructions on how to utilise these tools effectively to enhance your self-care practices.

The **core purpose** of this workbook is **to guide you in building your own self-care plan**. We understand that self-care is a highly individualised process, influenced by your preferences, belief systems, cultural background, and social context. Therefore, the workbook follows a step-by-step approach that empowers you to create a self-care plan that aligns with your unique needs and circumstances.

By the end of this workbook, you will have **developed a comprehensive self-care plan** that covers various dimensions of your well-being. You will get to know the tools, learn new practices, techniques and gain knowledge how to take care of your **physical, psychological/emotional, social and leisure needs** effectively.

We encourage you to actively engage with the educational content, worksheets, and exercises provided in each section. Take the time to **reflect on your current self-care practices, set meaningful goals, and identify activities that bring you joy and fulfilment**. Remember, self-care is an ongoing journey, and this workbook is designed to support you every step of the way.



2. Physical self-care

Prioritising physical well-being is paramount as it sets the foundation for other aspects of self-care. By meeting the baseline of physical self-care, individuals can establish a solid groundwork for the rest of their self-care practices.

Physical self-care is an active decision-making process and requires **being attentive to the body's signals and responding appropriately**. Engaging in physical self-care also entails assessing and addressing demands and stress factors. If necessary and feasible, changes can alleviate stress and promote well-being. Additionally, it involves building personal resources and utilising them consciously in everyday life.

In summary, physical self-care is centred around three essential elements: **valuing the body, taking its condition and needs seriously**, and **actively contributing to overall well-being**. The design of self-care practices should be tailored to each individual's unique life situation and experiences. While there are no universal recommendations, there are suggestions to consider. Starting with basic needs such as **regular eating, sufficient sleep, exercise**, and proper **body care** can serve as a solid starting point.

2.2 Useful tips for Physical self-care

- *Engage in Regular Exercise:* Incorporate regular exercise into your routine to support your physical health and manage stress. Find activities that you enjoy and that suit your abilities.
- *Practice Relaxation Techniques:* Incorporate relaxation techniques into your daily routine, such as deep breathing exercises and progressive muscle relaxation.
- *Take Regular Walks:* Make it a habit to go for short walks, especially after meals or during your lunch breaks. Walking not only aids digestion but also provides a refreshing break from caregiving responsibilities, allowing you to recharge.
- *Focus on Nutrition:* Pay attention to your dietary choices and aim for a balanced and nutritious diet.
- *Prioritise Sufficient Sleep:* Establish a consistent sleep routine and create a sleep-friendly environment to promote restful sleep and rejuvenation.



- *Seek Sunlight Exposure:* Spend time outdoors to benefit from sunlight exposure. Sunlight helps with vitamin D synthesis and plays a role in regulating mood.

2.3 Tools, exercises and techniques for physical self-care

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| Name of the tool: | Platforms for better sleep |
| Aim/objective of the tool: | It aims to improve the quality of sleep and create healthy habits so that people can get their best sleep. |
| Short description of the tool: | Among other it includes supporting evening routines, bedtime stories, hypnosis, and further hints to sleep better. |
| Impact and usefulness of the tool: | High-quality rest is important for mental well-being and physical health, good sleep helps to be more productive, improve creativity, maintain a healthy weight, or prevent hunger cravings. |
| Link to the tool, source: | Search your app store for a better sleep app. |

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| Name of the exercise: | Eat your veggies |
| Aim/objective of the exercise: | It gives an orientation on what to consider when trying to eat healthy. |
| Description with instructions: | Make sure that you eat at least 400 g of vegetables every day. For more variety, try new dishes with vegetables that you have never eaten before. |
| Impact and usefulness of the exercise: | Vegetables are the most important component of a healthy and balanced diet. They contain many vitamins, fibre and minerals. |
| Source: | World Health Organisation |

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| Name of the exercise: | Water bottle with time scale |
| Aim/objective of the exercise: | Reminds to drink enough water and stay hydrated. |
| Description with instructions: | The scale on the bottle reminds people to track and observe their water balance. It supports people to calculate how much water they need per day and reminds drink regularly. |



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| Impact and usefulness of the exercise: | Easy to use, minimal change of habit with huge impact as water balance can have an enormous impact on physical health. |
| Link to tool: | You can either mark your own see-through water bottle or buy a bottle with a time scale printed on it. |

3. Psychological and emotional self-care

Caregiving can be demanding and stressful, affecting you on every level. Research shows that supporting dependent family members can significantly **impact your quality of life, particularly your mental health**. The strain may lead to anxiety, panic, depression, and loneliness, even manifesting in physical symptoms.

Coping and adaptation strategies play a key role in determining your psychological and emotional exhaustion. Amidst these challenges, finding time for emotional and psychological self-care becomes challenging yet vital. While exercise, diet, and sleep are essential for health, emotional and psychological well-being must not be overlooked. Incorporating practices, such as **meditation, reflection, and connecting with nature**, can provide much-needed support and nourishment. By cultivating emotional and psychological self-care and also spiritual self-care you can **improve your overall health and happiness**, finding a balance between supporting your loved ones and taking care of yourself.

3.2 Useful tips for psychological and emotional self-care

- *Do not suppress or ignore your feelings:* Acknowledge and express your emotions. Anxiety, sadness, fear, and frustration are normal responses to demanding situations.
- *Understand your emotional needs:* Recognize your needs to maintain your well-being amidst challenging circumstances.
- *Set boundaries:* Establish and uphold boundaries between caregiving and other responsibilities to prevent burnout. Don't neglect important relationships in your life.
- *Engage in positive self-talk:* Practice self-compassion and speak to yourself in a positive manner to improve emotional well-being.



- *Embrace quiet time:* Take moments to rest and recharge for better emotional health.
- *Focus on what you can control and accept what you cannot:* Seek support through counselling, professional help, or support groups.
- *Meditate:* Calm your mind, reduce stress, and find inner peace through meditation.
- *Connect with nature:* Spend time in nature to experience awe and wonder.
- *Check Websites:* Explore articles, videos and other resources in the field of Spirituality & Health to work on your growth and well-being.
- *Read Books:* Search for books that will help your mental well-being.

Remember, there's no one-size-fits-all. Everyone's journey is unique. The key is to find what resonates with you, makes you feel connected, grounded, and at peace. Explore different practices and resources to nurture your emotional and psychological well-being effectively.

3.3 Tools, exercises and techniques for psychological and emotional self-care

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| Name of the tool: | Meditation and Mindfulness |
| Aim/objective of the tool: | The objective is to clear your mind, reduce stress and get centred. It helps people to relate with emotions in a healthy way. Emotions are a natural part of life, but when negative emotions dominate, they may create a lot of suffering. Meditation and mindfulness allow ourselves to feel them, but practice not letting them affect our lives. It provides assistance by soothing your negative emotions, bringing you calmness and balance. |
| Short description of the tool: | Meditation refers to a variety of mind-body practices in which your attention is focused on being mindful of the present, your breath and your mind to promote awareness and improve wellbeing. Such practices include inter alia: maintaining mental focus on a particular sensation, such as: breathing, a sound, a visual image or mantra. Another form of meditation includes the practice of mindfulness , which involves maintaining attention or awareness on the present moment |



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| | without judgement. It means being intentionally aware of the present moment with an attitude of openness and acceptance. You can practise it in a group with a coach or alone. Though meditating on your own is an essential part of a complete practice, the guidance of an experienced teacher can be invaluable, especially as you are getting started. If you choose to meditate alone, self-care apps on mindfulness and meditation may be useful for you. |
| Impact and usefulness of the tool: | There is a variety of health benefits and helping people improve the quality of their lives: improve the mood, increase positive emotions, decrease anxiety, panic, depression, emotional reactivity and promote happiness. In addition to the psychological and emotional benefits, they also have bodily benefits, as they reduce the risk for heart disease by bringing blood pressure down. |
| Link to the tool, source: | Mediation Apps; https://www.mindful.org/mindfulness-how-to-do-it/ |

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| Name of the tool: | Art Therapy |
| Aim/objective of the tool: | It helps informal caregivers to process and manage the stress and anxiety that may come with caregiving. By engaging in creative expression, individuals can gain new insights, find new ways to manage stress and cope with the demands of caregiving, and improve their overall emotional well-being. It can help individuals to improve their communication skills and gain a deeper understanding of their experiences and emotions. |
| Short description of the tool: | Well-established therapeutic approach that has been shown to be beneficial also for informal caregivers. It utilizes artistic expression and creative processes to support emotional, psychological, and mental well-being. It involves the use of various art forms, such as painting, drawing, sculpture, and other creative activities , as a means of communication, self-exploration, and emotional healing. Trained art therapists guide individuals through the creative process, helping them explore their feelings, thoughts, and experiences in a non-verbal and symbolic way. Art therapy can be beneficial for people of all ages. |



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| Impact and usefulness of the tool: | It reduces stress and anxiety, improves mood and emotional well-being, enhances communication and interpersonal skills, promotes self-awareness and personal growth and supports physical healing. |
| Link to the tool, source: | https://scholarworks.iupui.edu/server/api/core/bitstreams/8a073288-3763-44df-9801-1a9634df4daf/content |

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| Name of the tool: | Live Happy |
| Aim/objective of the tool: | This tool aims to introduce you to the happiness-promoting activities of positive psychology that may help you improve the quality of your life. |
| Short description of the tool: | Positive psychology emphasises on the cultivation of an optimistic mentality. It highlights the importance of considering individuals' strengths and resilience-promoting factors that facilitate health and psychological well-being, such as benefit finding and optimism. You can practise positive psychology with a coach or alone. If you want to practise alone or discover what it is about, you can download the app that includes educational titbits and videos that may help you better understand what is known about the attainment of happiness and resilience, as well as features that encourage you to engage in happiness-promoting activities, such as keeping a gratitude journal, creating an album of positive experiences. You can choose several different activities, for which you will have description of how and why they promote happiness. |
| Impact and usefulness of the tool: | In the stressful and demanding condition, you are living, the practice of happiness-promoting activities that positive psychology includes, may improve the quality of your life. |
| Link to the tool, source: | Search your app store. |

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| Name of the exercise: | “Journaling” and other Artistic and Imaginative Expression |
| Aim/objective of the exercise: | It serves as powerful tools and the primary aim of these activities is to provide an outlet for self-expression, allowing individuals to explore their thoughts, emotions, and inner world in a safe and non-judgmental space. Whether through writing or creative art forms, these practices encourage individuals to delve into their subconscious, gain self-awareness, and foster a deeper connection with themselves. |



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| | By engaging in these activities regularly, one can find solace, release pent-up emotions, and gain clarity amidst the chaos of daily life. |
| Description with instructions: | <p>Journaling: To begin journaling, find a quiet and comfortable space where you won't be disturbed. Set aside dedicated time each day or week to write freely and honestly about your thoughts, emotions, and experiences. Let the words flow without censoring or judging yourself. You can write about your challenges, joys, fears, aspirations, or anything that comes to mind. Use this space to explore your feelings, reflect on events, and find patterns in your emotions. Remember that there are no rules or restrictions in journaling – it is your private sanctuary for self-expression.</p> <p>Artistic/Imaginative Expression: Allow yourself to explore various creative outlets, such as painting, drawing, sculpting, writing poetry, or engaging in any art form that resonates with you. Approach these activities with a playful and open mindset, letting go of the need to create something perfect. Use colours, shapes, and textures to express your emotions and feelings. If you prefer writing, create fictional stories, or let your imagination wander freely. The key is to let go of any preconceived notions and allow your creativity to flow without judgment.</p> |
| Impact and usefulness of the exercise: | <p>The impact is multifaceted. Journaling allows individuals to externalize their thoughts and emotions, reducing the burden of internalized stress. It helps clarify thoughts, identify triggers, and process complex emotions, leading to a greater sense of self-awareness and emotional understanding. Additionally, journaling can serve as a means of tracking personal growth and progress over time.</p> <p>Engaging in artistic and imaginative expression offers an opportunity to release emotions that might be difficult to express verbally. The creative process itself can be therapeutic, fostering a sense of accomplishment and fulfilment. Artistic expression enables individuals to connect with their intuitive selves, encouraging problem-solving and developing new perspectives on life's challenges.</p> |
| Source: | Search for websites on artistic and imaginative expression. |



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| Name of the technique: | “Time Out” |
| Aim/objective of the technique: | It helps you relax and calm down. The goal is to take some time off from an issue in order to recognize it and be able to deal with it. You can address your feelings and gain the necessary energy and clarity to deal with it or push through it. |
| Description with instructions: | <p>When you find yourself feeling overwhelmed and in need of psychological self-care, taking time-out can be incredibly beneficial.</p> <p>Follow these steps: find a quiet and comfortable space where you won't be disturbed. Take slow, deep breaths to help you relax and clear your mind. Reflect on the events or thoughts that have led to your distress, acknowledging and understanding the root causes. Allow yourself to recognize and validate your feelings without judgment. Engage in self-compassion and remind yourself that it's okay to feel this way. Consider writing down your thoughts and emotions to gain clarity and release pent-up tension. Once you've identified the issues, try to find practical ways to address them, focusing on solutions rather than dwelling on the problems. This process can help calm your mind and provide the energy you need to navigate through challenging times with a clearer perspective and renewed resilience.</p> <p>Other ways to take a time-out and unplug: take a drive, go for a walk/light physical activity, soak in a bathtub, meditate, exercise / hobby, do a puzzle/crossword, try something new!</p> |
| Impact and usefulness of the technique: | It has a profound impact on our emotional well-being. By stepping away from overwhelming situations, we create space to reassess issues with a calmer mindset, free from the intense emotions that initially led to feeling overwhelmed. This fresh perspective allows us to gain insight into the root causes of our distress, enabling us to identify aspects that are beyond our control and accept them. It acts as a buffer against impulsive reactions and fosters a sense of self-awareness, promoting emotional growth and the ability to navigate life's challenges more effectively. |
| Source: | Search for websites on “Time-Out” technique. |



4. Social self-care

Carers tend to isolate themselves socially as they often do not feel fully understood within their social network, their family members or friends who are not experiencing the same situation as them. Social isolation leads to a reduction in the possibility of receiving positive reinforcement, support and help from others, and this can have a major impact on mood. All these factors significantly increase the risk of developing caregiver burden. It is therefore of **paramount importance to promote the socialisation of the carers** in order to cultivate an important protective factor and **to strengthen the carers' resources**.

4.2 Useful tips for social self-care

- *Caregiver support groups and community programs:* Joining a support group can provide an opportunity for informal caregivers to connect with others who understand the challenges they face and to share tips for self-care. It can be helpful to find a space for sharing by participating in support groups where you can meet other people who are going through similar situations to yours, where you can open up and feel that you are not alone in this situation.
- *Keep in mind your social health:* Remember that isolation comes gradually, often without even realising it. It is important to keep one's social well-being in mind and not forget to cultivate it, even if only with small gestures.
- *Protect social time:* It is useful to plan social time during the week, to be renounced only in an emergency. It is probable that you will have to deal with requests from the context and persistent demands from the person with dementia you care for, but it is important to stick to your plans whenever possible.
- *Surround yourself with understanding people:* among family and friends who are close to you, try to spend more time with those who are sympathetic to your situation, with whom you can open up and also show your difficulties.



4.3 Tools, exercises and techniques for social self-care

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| Name of the tool: | Digital caregiver academy |
| Aim/objective of the tool: | The goal of this platform is to be a reference point for caregivers or people with dementia and to create a dementia friendly environment. |
| Short description of the tool: | <p>A platform for knowledge and sharing, where to learn what dementia is and how it can be dealt with, becoming an easily accessible reference point for caregivers where to train, share and compare.</p> <p>It stems from the experience of the De Benfield Association, which has been working alongside family members of people with dementia for years in the territory of Trieste. In 2020, in order to maintain activities and services for caregivers even during the Covid19 pandemic, the Digital Caregiver Academy was developed.</p> <p>There are three sections in the platform, including one entirely dedicated to informal caregivers, within which there are courses and sharing groups. In particular, you can find:</p> <ul style="list-style-type: none"> - A training course to learn about dementia and its effects; - A group to improve caregivers' communication with family members with Alzheimer's disease; - A mutual self-help group; - Group for self-care (mindfulness, postural gymnastics). <p>Each course is free and accessible.</p> |
| Impact and usefulness of the tool: | <p>The various groups, and especially the online mutual self-help group, can be a useful support for caregivers' socialisation. In fact, since it is a type of socialisation that takes place online, it is not tied to where one is. It can be especially helpful to caregivers who struggle to find time to get out of the house and leave their loved ones alone.</p> |
| Link to the tool, source: | https://caregiveracademy.it/ |

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| Name of the tool: | The Facebook group "Family caregivers" |
| Aim/objective of the tool: | The objective of the group is to promote socialisation between family carers, exchange useful information and offer mutual support. |



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| Short description of the tool: | The Facebook group was created by the NGO ANS-Anziani e non solo in 2011, it is a private group dedicated to family carers. Within the group, caregivers can share and comment on posts, photos and videos, exchange information, meet other caregivers and support each other under the supervision of the group administrators who belong to the ANS. They communicate in Italian. |
| Impact and usefulness of the tool: | The group has around 2000 members. The group provides an opportunity for carers to get to know other people who are experiencing a similar situation to their own, overcoming the logistical and organisational barriers of meeting in person. They can also stay up-to-date on events, initiatives, new opportunities and laws concerning caregiving or their loved one's illness. |
| Link to the tool, source: | https://www.facebook.com/groups/caregiverfamiliare (IT) Look for it or something similar in your own country. |

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| Name of the tool: | Care for a cuppa (UK) |
| Aim/objective of the tool: | The aims of this project are to promote socialization and the creation of bond of friendship between caregivers, to make them feel connected and part of a meaningful group. |
| Short description of the tool: | Care for a cuppa is a Carers UK project involving online meetings dedicated to caregivers. These online meetings are an opportunity for caregivers to discuss about a specific topic, that differs from session to session, share issues that they have been experiencing, share tips and advice that they've found helpful and connect with other caregivers who understand what they are going through. At the end of each session the facilitators will highlight some resources and guidance available on the Carers UK website. The group is held online every Monday. Caregivers can book themselves via the Carers UK website and communication is in English. |
| Impact and usefulness of the tool: | The use of this a tool requires the possession of the appropriate technological devices to be able to participate in online meetings, a good wi-fi connection, basic technological skills, communication in English and not all carers, especially older ones, possess these requirements. |
| Link to the tool, source: | https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups/care-for-a-cuppa/ |



| | |
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| Name of the exercise: | Participating in an Alzheimer's café with your loved one |
| Aim/objective of the exercise: | Socialising, getting to know other carers, exchanging opinions, experiences and strategies, seeing one's own emotional experiences validated, discovering that beyond the illness there are people with interesting life stories |
| Description with instructions: | Find your nearest Alzheimer's café, which is quite widespread in Europe and elsewhere and contact the organisers to take part in the meetings. Get information on meeting topics, dates, times and locations and choose the one that suits you best or is most in line with your interests. Attend the Alzheimer's café with your loved one with dementia. If you feel up to it, you can also share this experience with another family member. |
| Impact and usefulness of the exercise: | Participating in Alzheimer's cafés makes one feel part of a meaningful group of people who support each other experiencing similar situations. It is also an excellent opportunity to spend quality time with the person with dementia, rediscovering the pleasure of being together beyond caring activities. |
| Link to the tool, source: | Look for it or something similar in your own country. |

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| Name of the technique: | Self-help and support group for caregivers/Caregiver community |
| Aim/objective of the technique: | Receiving and providing psychological support and establishing meaningful relationships with a group of people sharing the same situation. |
| Description with instructions: | Self-help groups are groups of people who share the same situation, in this case being a caregiver of a person with dementia, within the group they have the opportunity to share experiences, emotional experiences, fears, difficulties and joys related to caring with the other members. Each member within the group is both user and provider of support and help. Caregivers get all information and advice they need to care for someone with dementia. Support groups and events are friendly, informal get togethers, sometimes with a guest speaker, where you can chat to others about your caring role, and give each other support. |



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| Impact and usefulness of the technique: | <p>Self-help groups make it possible to build relationships with other caregivers, feel less alone in facing the challenges of dementia and acquire new behavioural strategies.</p> <p>Support groups and events for caregivers of dementia patients can have a significant impact and be highly useful for caregivers, providing them with a supportive community, emotional support, and practical resources to help manage the demands of caregiving.</p> |
| Link to the tool, source: | Look for it or something similar in your own country. |

5. Taking time for leisure

Engaging in leisure activities can have several benefits for physical and mental health. It **reduces stress**, since these activities provide a break from daily stressors, allowing individuals to relax and recharge. Engaging in leisure activities can **improve mood, reduce symptoms of anxiety and depression**, and increase feelings of happiness and contentment. They also **improve cognitive function** and delay age-related decline. It also provides opportunities for **social interaction** and **strengthen relationships** with friends and family. Engaging in physical leisure activities, such as sports and exercise, can **improve physical health** and **reduce the risk of chronic diseases**.

5.1 Useful tips for taking time for leisure

- *Ask for Respite care:* Respite care services provide temporary relief for informal caregivers, allowing them to take time for themselves and engage in leisure activities.
- *Engaging in hobbies:* Engaging in hobbies or activities that are enjoyable and fulfilling, such as reading, crafting, or playing music, gardening can provide informal caregivers with a much-needed break from their caregiving duties.
- *Spending time with friends and family:* Spending time with loved ones can help informal caregivers maintain a sense of connection and support.



- *Taking breaks and vacations:* Taking short breaks or longer vacations can help informal caregivers recharge, refresh, and maintain their overall well-being.

5.2 Tools, exercises and techniques for taking time for leisure

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| Name of the tool: | Calendars and reminders to prioritise leisure activities |
| Aim/objective of the tool: | Setting aside dedicated time for leisure activities, such as exercise or hobbies, and scheduling them into your calendar can help ensure that you make time for leisure. Reminders can also be set to ensure that you stick to your schedule. |
| Short description of the tool: | By scheduling leisure activities into your calendar, you can prioritise time for self-care and make sure that you are taking time for activities that bring you joy and relaxation. For example, you can schedule time for your favourite hobby, exercise, etc. Additionally, using a digital calendar or reminder app can be especially helpful as it allows for easy scheduling and tracking of leisure activities. Some calendar apps have features like reminders, recurring events, and the ability to share calendars with others |
| Impact and usefulness of the tool: | It can increase productivity, accountability, improve time management, mental health and coordination. |
| Link to the tool, source: | https://startupstash.com/online-calendar-tools/ |



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|--|---|
| Name of the service: | Respite Care services |
| Aim/objective: | To provide caregivers with a temporary break from their caregiving duties, allowing them to rest, recharge, and engage in self-care activities. |
| Description: | <p>Caregivers can arrange respite care in their local environment, where trained professionals or volunteers provide temporary care for the person with dementia, allowing you to take a break. Respite Care services ensure that the care recipient continues to receive appropriate care and support. This can include assistance with daily activities, medication management, and supervision. Respite Care services may offer caregivers education, training, and resources to enhance their caregiving skills and knowledge.</p> <p>We recommend reaching out to local authorities and Social Welfare Centres, healthcare providers, or caregiver support organizations. They can provide you with the latest details and guidance based on your situation.</p> |
| Impact and usefulness of the service: | Respite care can have a significant and positive impact on both caregivers and care recipients. Its usefulness extends to improving physical and emotional well-being, reducing caregiver stress, enhancing the quality of care, and contributing to the overall quality of life for both parties. |

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| Name of the technique: | Music Therapy |
| Aim/objective of the technique: | Music therapy can be a powerful tool for informal caregivers, providing them with a creative and therapeutic outlet to reduce stress, enhance mood, and improve overall well-being |
| Description with instructions: | <p>You can use music therapy on several ways:</p> <ul style="list-style-type: none"> - Relaxation Breaks: Set aside time daily to listen to soothing music and unwind. - Singing and Dancing: Sing along to favourite songs or have a dance session for stress relief. |



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| | <ul style="list-style-type: none"> - Musical Moments: Integrate short music breaks into your routine for relaxation. - Instrument Play: Play an instrument if you can, for personal enjoyment and expression. - Online Resources: Explore music apps, communities, and virtual concerts for variety. - Music Self-Care: Use music in self-care rituals like baths or mindfulness practices. - Music Games: Engage in musical challenges or play games for enjoyment. - Gratitude Practice: Reflect on positive aspects of your caregiving journey through music. <p>Remember, even brief musical moments can provide relaxation and rejuvenation.</p> |
| <p>Impact and usefulness of the technique:</p> | <p>Music therapy is a versatile intervention with wide-ranging benefits, including stress reduction, mood enhancement, cognitive stimulation, pain management, social interaction, and communication rehabilitation. It supports well-being by promoting relaxation, emotional expression, and personal connection through shared musical experiences, making it valuable across healthcare, education, and personal contexts.</p> |

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| <p>Name of the technique:</p> | <p>Comedy breaks</p> |
| <p>Aim/objective of the technique:</p> | <p>The objective of incorporating comedy breaks for informal caregivers is to provide moments of light-heartedness, laughter, and stress relief. These breaks aim to temporarily shift the focus away from caregiving responsibilities, allowing caregivers to relax, unwind, and enjoy a brief respite.</p> |
| <p>Description with instructions:</p> | <p>Engaging in comedy breaks can be a refreshing and enjoyable leisure activity for informal caregivers. Taking short breaks to watch a funny movie, TV show, stand-up comedy routine, or humorous videos online can provide much-needed laughter, lighten your mood and stress relief.</p> |



Impact and usefulness of the technique:

Laughter has been shown to have positive effects on mood, reduce stress hormones, and promote a sense of well-being. Incorporating comedy breaks into your caregiving routine can help you recharge, lift your spirits, and add moments of joy to your day.

6. Building own self-care plan

As dementia progresses, the role of informal caregivers becomes increasingly complex, encompassing not only the management of their loved ones' condition but also their own concerns, health, and daily care. This intricate management can be overwhelming, often necessitating professional support and interventions. To **determine the areas requiring assistance, understanding how this management is perceived and identifying needs for support or interventions is crucial.**

Effective self-care comprises two core elements: firstly, the **vital ability for self-reflection.** Examining one's own well-being helps in early recognition of distress and facilitates proactive self-care. This process also uncovers personal strengths, aiding in addressing vulnerabilities effectively. Secondly, **achieving self-care involves taking targeted measures to enhance overall well-being.**

Tailored e-health interventions can bolster self-reliance and confidence, reducing stress and depression. Combining online and face-to-face support can enhance caregiver-professional relationships, boosting therapy adherence when information aligns with personal circumstances.

Commencing a **self-care plan should align with present needs and the dementia stage.** Early interventions are valuable when focused on transitioning from partner/family member to caregiver, involving caregivers in customizing interventions to current needs.



6.1 Useful tips for building own self-care plan

- *Prioritize Activities:* Identify activities that bring you joy and relaxation.
- *Use SMART method when setting goals:* SMART is an acronym for: Specific, Measurable, Achievable, Realistic and Timely.
- *Set Realistic Goals:* Ensure your plan fits your schedule and abilities.
- *Adapt Regularly:* Adjust your plan as your needs change.
- *Celebrate Successes:* Acknowledge and reward your self-care achievements.
- *Time Management:* Organize tasks to avoid becoming overwhelmed.
- *Facilitators to self-care:* Two features enable self-care in informal caregivers – self-worthiness and self-efficacy. **Self-worthiness** means the extent to which informal caregivers consider themselves worthy to emotional, physical, spiritual, or social support. **Self-efficacy** embodies the conviction to be able to manage a challenging situation and to gain calmness and control disturbing thoughts from this.

6.2 Tools and methods for building own self-care plan

We've prepared a helpful tool called the **Self-Care Canvas** (Tool 1) to assist you in creating your personal self-care plan. Your first step is to **complete the Self-Care Canvas**, which will guide you in understanding your challenges, needs, and goals. This will give you a clear picture of your current self-care status and help you identify suitable self-care activities and sources of support.

Consider the Canvas as **your starting point**. It provides valuable insights into your situation and aspirations. **Once your Canvas is filled, you can initiate your self-care journey.**

After completing the Canvas, you can proceed to **use the checklists** (Tool 2, 3, 4) to implement self-care activities. Choose the checklist that resonates best with your identified activities. If none seem suitable, you can create a customized checklist using the provided example.



Best wishes on your self-care journey. Embarking on this path is significant, and we're here to support you from the beginning.

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| Name of the tool: | Self-Care Canvas |
| Description with instructions: | <p>A canvas is a visual tool or template that helps individuals also informal caregivers to organize and plan their self-care activities. Follow next steps:</p> <ul style="list-style-type: none"> • Read Carefully: Review each self-care step on the canvas. • Reflect: Consider how each step applies to your caregiving role. • Connect: Understand the importance of each practice for your well-being. • Customize: Adapt the steps to match your unique preferences and needs. • Prioritize: Select the top strategies that resonate with you the most. • Seek Support: Discuss your self-care plan with a friend, family member, or support group. • Record: Write down your chosen practices on the canvas. • Display: Place the completed canvas where you'll see it daily. • Adjust: Modify your plan as your caregiving journey unfolds. • Review: Regularly revisit and update your self-care plan. • Be Kind: Remember, taking care of yourself is a vital part of caregiving. • Write all your findings in the blank space below each step. |



SELF-CARE PLAN

| | | | | |
|---|---|--|--|---|
| <p>Step 1: Assess Your Current Self-Care Status</p> <ul style="list-style-type: none"> Take stock of your current self-care practices and identify areas that need improvement. Reflect on how you prioritize your own well-being and consider any barriers or challenges you face. | <p>Step 2: Set Goals for Self-Care</p> <ul style="list-style-type: none"> Identify specific goals you want to achieve in different aspects of self-care (e.g., physical, emotional, social). Make sure your goals are realistic, measurable, and aligned with your personal needs and interests. | <p>Step 3: Identify Self-Care Activities</p> <ul style="list-style-type: none"> Brainstorm a list of self-care activities that resonate with you. Consider activities that address each aspect of self-care, such as exercise, hobbies, relaxation techniques, or spending time with loved ones. | <p>Step 4: Prioritize and Schedule Self-Care</p> <ul style="list-style-type: none"> Prioritize self-care activities based on their importance to you and their impact on your well-being. Create a weekly or monthly schedule that incorporates dedicated time for self-care activities. Be flexible and adapt the schedule as needed, considering your caregiving responsibilities. | <p>Step 5: Seek Support and Resources</p> <ul style="list-style-type: none"> Identify resources, support groups, or community services that can assist you in your self-care journey. Reach out to family, friends, or other caregivers who can offer support or share experiences. Consider utilizing caregiver support organizations or online forums for guidance and encouragement. |
| <p>Step 6: Implement and Evaluate</p> <ul style="list-style-type: none"> Start incorporating self-care activities into your daily routine according to your schedule. Regularly assess how well your self-care plan is working for you. Adjust and modify your plan as needed based on your experiences and changing circumstances. | | <p>Step 7: Practice Self-Compassion and Adaptability</p> <ul style="list-style-type: none"> Be kind to yourself and acknowledge that self-care is an ongoing process. Accept that some days may be more challenging than others, and it's okay to make adjustments or seek help when needed. Celebrate your progress and achievements along the way. | | |



SELF-CARE PLAN
Step 1: Assess Your Current Self-Care Status

- Take stock of your current self-care practices and identify areas that need improvement.
- Reflect on how you prioritize your own well-being and consider any barriers or challenges you face.

SELF-CARE PLAN
Step 2: Set Goals for Self-Care

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- Regularly assess how well your self-care plan is working for you.
- Adjust and modify your plan as needed based on your experiences and changing circumstances.



SELF-CARE PLAN

Step 7: Practice Self-Compassion and Adaptability

- Be kind to yourself and acknowledge that self-care is an ongoing process.
- Accept that some days may be more challenging than others, and it's okay to make adjustments or seek help when needed.
- Celebrate your progress and achievements along the way.



| | |
|------------------------------------|---|
| Name of the tool/method: | Self-Care checklist |
| Instructions how to use it: | <p>Follow next steps:</p> <ul style="list-style-type: none"> • Begin by thoroughly reading through the checklist of self-care activities provided below. • Each day, your task is to carefully select at least one activity that you find resonate with you the most. As you progress through your day, ensure that you actively complete the self-care actions you've chosen. • Once you've successfully finished an activity, take a moment to colour the circle that accompanies it. The purpose of this visual cue is to assist you in tracking your daily self-care accomplishments. Strive to colour in at least three circles every day, signifying your dedicated commitment to your well-being. • Embrace this method as a means to achieve a harmonious balance in your self-care routine, allowing you to explore and experience various activities over time. Be open to adapting and adjusting your selections based on your evolving preferences and changing needs. |



SELF- CARE

CHECKLIST

| | M | T | W | T | F | S | S |
|-----------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Meditate for 10 min | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Deep breathing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Walk for at least 15 min | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Talk to friends | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Journal for 15 min | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Read a book | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Exercise or run for 30 min | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eat more fruits and vegetables | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Practice relaxation techniques | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Engage in a creative activites | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7-8 hours of sleep | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

NOTES



| | |
|------------------------------------|---|
| Name of the tool: | Self-Care Daily Checklist |
| Instructions how to use it: | <p>Follow next steps:</p> <ul style="list-style-type: none"> • Every day, your self-care journey involves selecting two activities from both the Physical Body and Emotional Heart categories that most resonate with you in that moment. Your primary goal is to ensure a minimum of two activities are accomplished from each category daily. • After successfully engaging in an activity, simply colour the adjacent circle to mark its completion. Aim to colour at least four circles each day. This visually engaging method serves as an effective self-care tracker, allowing you to tangibly observe the self-care steps you've taken. • Embrace this empowering approach to enhance your well-being and maintain a consistent self-care practice. |



Daily Self-Care

Physical Body

| | M | T | W | T | F | S | S |
|------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Hydrate - 8 glasses of water | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Pamper yourself | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Get some exercise | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Enjoy a little sunlight | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7-8 hours sleep nightly | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Emotional Heart

| | M | T | W | T | F | S | S |
|--------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Set healthy boundaries | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Monitor your thoughts | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Express your creativity | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Spend time in nature | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Practice self-compassion | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



| | |
|------------------------------------|--|
| Name of the tool: | 30-day Self-Care challenge |
| Instructions how to use it: | <p>Embark on a transformative 30-Day Self-Care Challenge by engaging in the following activities. Follow next steps:</p> <ul style="list-style-type: none">• Your objective is to accomplish at least one task from this list each day.• Over the course of 30 days, you'll have successfully undertaken all the activities. Upon completion of an activity, mark a tick in the box situated at the top left corner of the activity. This intuitive approach serves as an effective tracker, enabling you to easily monitor the self-care tasks you've fulfilled. |



30-DAY SELF-CARE CHALLENGE

| | | | | |
|---|--|--|---|--|
| <input type="checkbox"/> Set a personal goal for the month | <input type="checkbox"/> Practice deep breathing or meditation for 10 minutes | <input type="checkbox"/> Write a list of 10 things you're grateful for | <input type="checkbox"/> Take a walk outside | <input type="checkbox"/> Be kind to yourself and acknowledge that caregiving can be challenging |
| <input type="checkbox"/> Call or text a friend to catch up | <input type="checkbox"/> Take time for a healthy meal | <input type="checkbox"/> Practice yoga or gentle stretching | <input type="checkbox"/> Write a positive affirmation and repeat it throughout the day | <input type="checkbox"/> Create a relaxing bedtime routine |
| <input type="checkbox"/> Journal about your thoughts and feelings | <input type="checkbox"/> Set aside time for your favorite hobby | <input type="checkbox"/> Give yourself a compliment | <input type="checkbox"/> Give yourself permission to make mistakes | <input type="checkbox"/> Listen to your favorite music or a calming playlist |
| <input type="checkbox"/> Practice mindfulness while doing everyday tasks | <input type="checkbox"/> Engage in activities outside of caregiving | <input type="checkbox"/> Read a book or watch a movie that inspires you | <input type="checkbox"/> Explore a new relaxation method, like spiritual yoga | <input type="checkbox"/> Take a power nap or restorative break |
| <input type="checkbox"/> Create a vision board or list of personal goals | <input type="checkbox"/> Visit organized local groups of informal caregivers | <input type="checkbox"/> Treat yourself to a small indulgence | <input type="checkbox"/> Reflect on your accomplishments and growth | <input type="checkbox"/> Connect with nature by visiting a park, beach, or forest |
| <input type="checkbox"/> Share your experiences with someone who has similar situation | <input type="checkbox"/> Set boundaries to protect your energy and time | <input type="checkbox"/> Establish a morning routine that energizes you | <input type="checkbox"/> Practice self-compassion | <input type="checkbox"/> Review your progress and celebrate your achievements |



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