

Caring for Yourself as a Caregiver

Strategies and Resource Guide



Prepared By

Kinship Caregivers
Connect

With Support of



Ohio Kinship and
Adoptive Navigators
Program



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Reflection Questions from Presentation

- How has stepping into the role of a kinship caregiver affected your well-being?
- How does your body tell you that you are experiencing stress or burnout?
- How can you create a safe space or moment for yourself?
- What is something you'd like to let go of?
- What is a boundary or "fence" you'd like to put in place?
- Some questions for rediscovering yourself:
 - What is something new I'd like to learn?
 - What was something I enjoyed as a child?
 - When or where do I feel most at peace?
 - What energizes me?
 - What is my favorite time of day?
- What is one thing, big or small, you can do for yourself this week?
- What is your "why" for self-care?
- What does self-care mean to you?

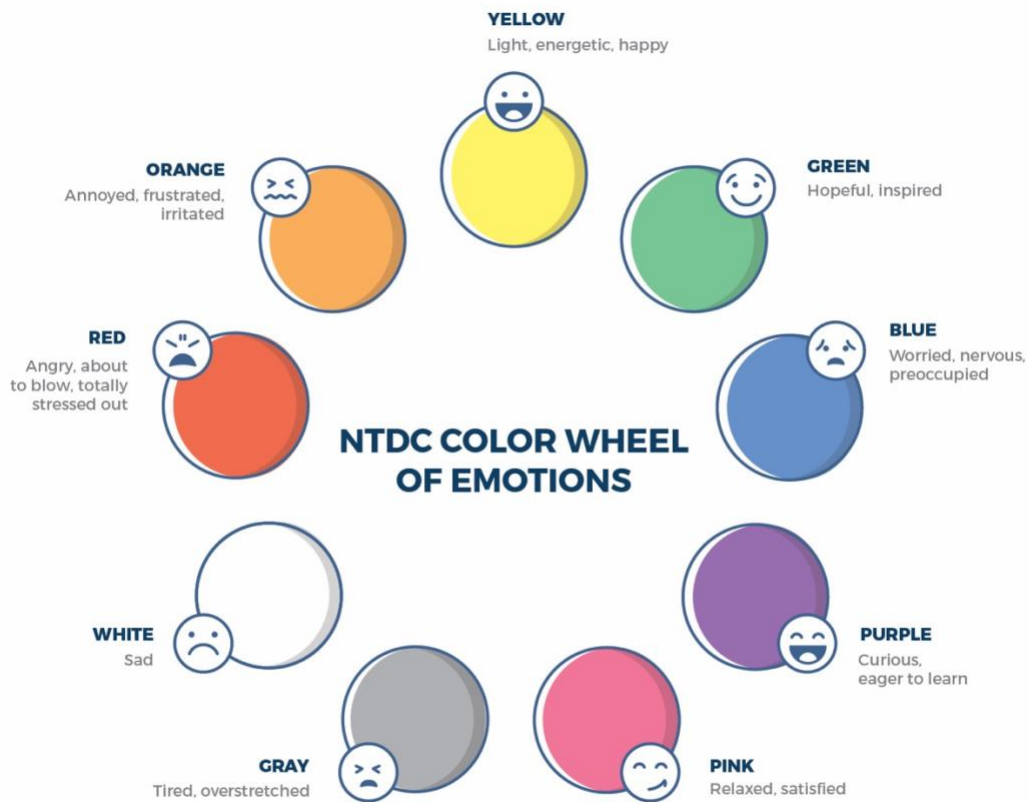


Self-Compassion Resources

- **Self-Compassion Journaling prompts:** <https://theminfulpage.com/prompts-for-self-compassion/>
- **Self-Compassion Exercises:** <https://sdlab.fas.harvard.edu/self-compassion/self-compassion-exercises>
- **Self-Compassion Worksheets:** <https://positivepsychology.com/self-compassion-exercises-worksheets/>
- **5-minute Loving Kindness meditation:** <https://youtu.be/5f6OQPQsXek?si=4qnzE5ONv4UV8g35>

Checking in with Yourself Resources

Feelings Wheels



Degrees of EMOTION

How much am I feeling?				
contented	glad	Happy	excited	ecstatic
down	unhappy	Sad	miserable	depressed
upset	frustrated	Angry	agitated	furious
aware	curious	Interested	surprised	amazed
startled	nervous	Scared	afraid	terrified
drowsy	sleepy	Tired	worn out	exhausted
sorry	regretful	Guilty	remorseful	ashamed
hopeful	sure	Confident	strong	powerful
uneasy	tense	Worried	anxious	panicked
capable	pleased	Proud	dignified	triumphant

Reflection and Affirmations

Morgan Harper Nichols

Videos and Podcasts (10 minutes or less)

- **When Everything is Changing All At Once:** <https://youtu.be/jcZ-j8T--t0?si=ieXu-gxOoAjC6XK>
- **Morning Motivation:** <https://youtu.be/fuid018B55w?si=cpMz4JhqHyBJYfV->
- **For the Unknown:** https://youtu.be/wgT_sn4-bsg?si=Z7PZ-j5Uk26nS-Z6
- **Having Gratitude for Every Hour You Made It Through:**
<https://pod.link/1549059898/episode/050c8df9bc8e95fb527a6294c4a3d141>
- **When Daily Life Feels Scattered (lessons From the Kaleidoscope):**
<https://pod.link/1549059898/episode/70fa7915635f9cdef316c96b7621e348>
- **There Are So Many Layers to You**
<https://pod.link/1549059898/episode/83afd21b42bf88389639f6b5e64e0e7f>

Self Care

Daily Affirmations

- **Mailing list for daily affirmations** <https://morganharpernichols.us17.list-manage.com/subscribe?id=6c3d6f8bd5&u=04cc6956acae3685c611bbf9c>

Mindfulness Resources

Short Meditation Videos (free) - HeadSpace

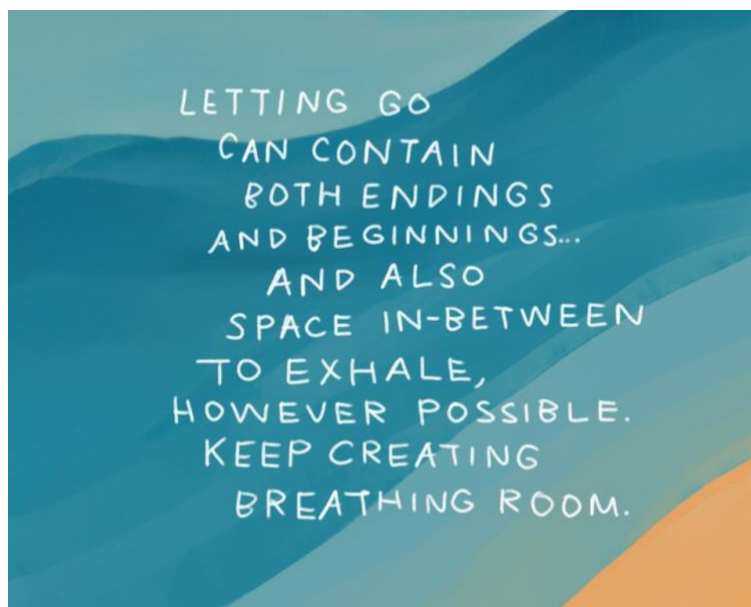
- **Breathe:** <https://youtu.be/cEqZthCaMpo?si=-Twxlg4HZxRLI2Uw>
- **Let go of stress:** <https://youtu.be/c1Ndym-lsQg?si=RAQVx52O3iTRvTle>
- **Feeling Overwhelmed:** <https://youtu.be/HrZT-KxWc-U?si=SL3U0ehgEnuqmoUq>
- **Grounding Exercise for Racing Minds:**
https://youtu.be/LgRd1Mzhh_Q?si=nycm_cYI9EnvmLoZ

Mindfulness Apps

- **Insight Timer** (free): <https://insighttimer.com/>
- **Healthy Minds Program** (free): <https://hminnovations.org/meditation-app>
- **Balance** (first year free): <https://balanceapp.com/>
- **Breethe** (paid): <https://breethe.com/>
- **Headspace** (paid): <https://www.headspace.com/>

Letting Go and Setting Boundaries

Letting Go





<https://medium.com/@briarivello/mastering-the-serenity-formula-ec38fd32dd41>

- **Journal prompts for when you feel out of control:** <https://lifebydeanna.com/journal-prompts-for-when-you-feel-totally-out-of-control/>
- **Journal prompts for letting go:** <https://themindfulpage.com/journal-prompts-for-letting-go/>

Setting Boundaries

- **Video on understanding boundaries:** <https://youtu.be/Gf4FIt5DG4g?si=HwxRMkz3HwMrjUWo>
- **Visualizing Your Boundaries Worksheet:** <https://positive.b-cdn.net/wp-content/uploads/2022/11/Visualizing-Your-Boundaries.pdf>
- **Setting Boundaries with Family Worksheet:** <https://positive.b-cdn.net/wp-content/uploads/2024/02/Setting-Boundaries-with-Family-Addressing-Issues-Promptly.pdf>
- **How to Set Boundaries- State What You Want Worksheet:** <https://positive.b-cdn.net/wp-content/uploads/2022/11/How-to-Set-Boundaries-State-What-You-Want.pdf>

Re-Discovering Ourselves

- **Interest checklist:** <https://proceduresonline.com/trixcms/media/1209/interestchecklisteasyreadversionv11-2.pdf>
- **Self-Discovery Prompts:** <https://medium.com/bouncin-and-behavin-blogs/20-journal-prompts-for-deep-thinking-and-reflection-503fd5630157>
- **Living Into Your Values Activity:** <https://brenebrown.com/resources/living-into-our-values/>

Self-Care Activity Ideas

- **Free self-care planner:** <https://drive.google.com/file/d/1661nxAFjnxHLmxCY0mCUwtQFn9ebSMs/view>
- **Journaling Prompts:** <https://www.berkeleywellbeing.com/daily-journaling.html>
- **Free Adult Coloring Pages:** <https://www.printitfree.net/adult-coloring-pages/>
- **Self-Care ideas for the Winter:** <https://balancethroughsimplicity.com/30-self-care-ideas-for-winter/>
- **Self-Care ideas for the Summer:** <https://www.mentalhealthfirstaid.org/external/2018/07/15-activities-for-your-summer-self-care-checklist/>
- **Free Family Self-Care activities:** <https://parentselfcare.com/blog/40-family-self-care-ideas>
- **Free Family Nights Ideas:** <https://lifeasmom.com/13-practically-free-family-night-ideas-frugal-friday/>
- **Examples of Different Types of Self-Care:** <https://www.utoledo.edu/studentaffairs/counseling/selfhelp/copingskills/selfcare.html>

Finding a Counselor Resource

- Visit this link: <https://www.psychologytoday.com/us/therapists>
- Enter your Zip Code and hit "Enter"
- In the top bar. Click "insurance" and select your insurance company
- Click "types of therapy" and you can select different types such as trauma-based therapy, and family therapy.
- Look at therapist options and availability
- Video tutorial: https://youtu.be/B9D_uxb1n_8?si=sV6bnDU7cUDzCLeX
- <https://drive.google.com/file/d/1Lij4sjB8mv3v2A6A2pPeJuXQPye1RROG/view>

Kinship Caregiver Poem

Kinship Caregivers- Unsung Heroes

Unsung heroes of sorts-

Yet the song has been sung
quietly day by day :

What must I do
to make a child feel safe?
To make a child feel loved?

Must I give up my whole world
And entire life?

Well, that asks for a lot
But the cost isn't too much.

Must I do it all without recognition?

Must I navigate new territory
And follow a new path of life
I never envisioned?

Well that asks for a lot,
But the life of a child is more.

Day by day,
You have gone every extra mile
To the moon and back,
times a million

You show that love in this life
is truly chosen.

And your love with each breath
doesn't go unnoticed.

You are making ripples
far farther than your lifetime
can see

Heroes of your house and family,
What more can one be?

By: Angela Tobin