



Caregiver Corner

WHAT IS SELF-CARE

by Sandy Pringle

We as a culture, (especially those of us working in the social services), have been made aware of the importance of 'Self Care.' This is the name for a practice of mindfully meeting our own needs for rest and relaxation that enables us to come at things from a place of peace and fullness so we can help others. The nugget of this philosophy is what is said to passengers on all airlines. Put on **your** air mask first before you try to help others. We can not pour from an empty cup, and helping others meet their needs

is best done when it comes from place of fulfilment. When we care for ourselves, it ensures that we don't become overwhelmed. Caregiver distress is one of the leading causes of mental and physical ill health, and awareness around the need to honour ourselves is so important.

But, is there a stigma around self-care? Is it deemed as selfish? Do we feel guilty when we put ourselves first? Or do we find it hard to ask for help?

Sometimes all the hot baths and meditation in the world is not going to cut through the reality of the school run, aging parents,

palliative care and full-time jobs. The struggle is real, and we need to recognise that the vulnerability of reaching out and asking for help when we are spread too thin is a sign of **strength** and not weakness. These are the issues that caregivers and care recipients are struggling with in silence, and it is important that we realise we need each other in a web of connection and caring. If you are a caregiver of an older friend or relative, please contact **Family and Friend Caregivers Support of The Northwest** located in Terrace BC. 778-634-0134.

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