

Building Resilience with “The 7C’s of Self-Care”

C1: Claim your caregiver role—or--Confirm the importance of self-care

Though meaningful, caregiving can take a toll.

- Self-awareness alerts you to signs of danger
- Build resilience with self-care

C2: Consider the facts about caregiver stress

Avoid the pitfalls and protect your health.

- About caregivers and caregiving
- About sources and symptoms of stress

C3: Care for yourself as you care for others

You can't care if you can't function.

- Balance engagement & detachment
- Use problem solving and healthy self-care; avoid stress numbing

C4: Center yourself

Tap your inner strength and calm energy.

- Acknowledge you are organic, not a machine
- Conserve and replenish your energy

C5: Channel your thoughts

Meet caregiving challenges with positive thinking.

- Be an optimist, not a pessimist or Pollyanna
- Affirm yourself, visualize and avoid negativism around you

C6: Choose wisely

No one can make important choices for you.

- Ask these five key questions

C7: Cultivate community

Gain wisdom and energy by connecting with others.

- Like a well-stocked refrigerator!