

Self Care based Wellness Ideas for Caregivers



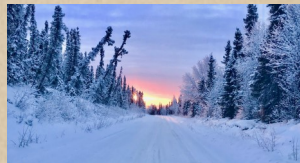
Practicing practical in-the-moment and planned wellness strategies can help us to improve our well-being and respond to ongoing caregiving needs.

Triggers happen. Sometimes we respond in ways we didn't intend to while under stress. Repair with your loved one when calm and safe to do so. Breath work, journaling and movement every day can help increase our window of tolerance for stress and reduce triggers.



Carve out regular break times for yourself each day, even if it is 5 minutes to recharge alone. Set an alarm to remind yourself that you if needed.

Try and get some fresh air every day. Spending time on the land is therapeutic. Even short walks or popping your head outside for fresh air can help improve your sense of well being



Be gentle with yourself. Learning about neurodiversities takes time to shift our thinking and parenting approaches.



Sleep and rest are important for your overall wellness. If sleep is difficult in your home, see if you can schedule regular respite breaks so you can catch up on rest or share taking sleep breaks with a partner. Take naps when possible. Be kind to yourself for needing rest.



Check in regularly with other caregivers who have similar experiences. Support groups and online communities can be helpful.



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If physical activity is not part of your daily routine, remember that even gentle stretching and movement can help to improve our mood and sense of well being



Create daily rhythms of self care or quiet breaks to restore your nervous system.



NWR FASD Society-Mackenzie Network
Box 3668, 10502-103 street
High Level, AB, T0H 1Z0
P. 780-926-3375 or www.nwr-fasd.ab.ca

Boundary Statements for Caregivers of with FASD/Neurodiversities

Caregiving and parenting people with neurodiversities can be very stressful at times. Many of us do not have adequate support that our loved one needs or resources for our families to thrive.

Sometimes we don't quite know what to say when family, friends, service providers or even strangers pass judgement or give unhelpful advice. Most people are not FASD informed and this causes our loved ones and us harm.

While many of us have no difficulty being assertive and direct with others, some of us may struggle with being assertive. We may be experiencing burnout or mental health difficulties and feel even more stressed by unhelpful regard from others. It is our right to have boundaries about our personal caregiving experiences.

Here are a few boundary statements that may be helpful to you:

I am meeting my child where they are at. I am parenting to their abilities and capacity in this moment

Everyone has bad days. When you have a bad day, you ask for compassion and patience. I am showing my loved one compassion and patience.

Thank you for your concern. I am parenting to the needs and strengths of my child. They need compassionate care right now. They are having a difficult time, not choosing to be difficult.

I am not rewarding bad behaviour. I am showing them compassion and understanding while they take some time to self regulate.

It would really help our family if you would learn more about FASD/ neurodiversities. The NWR FASD Society has literature, training and other resources that you can access for free! They also have people that you can talk to.

<https://www.alberta.ca/fasd-training-and-education.aspx>

My loved one is having a hard time right now and needs some time. Your comments are not helpful.