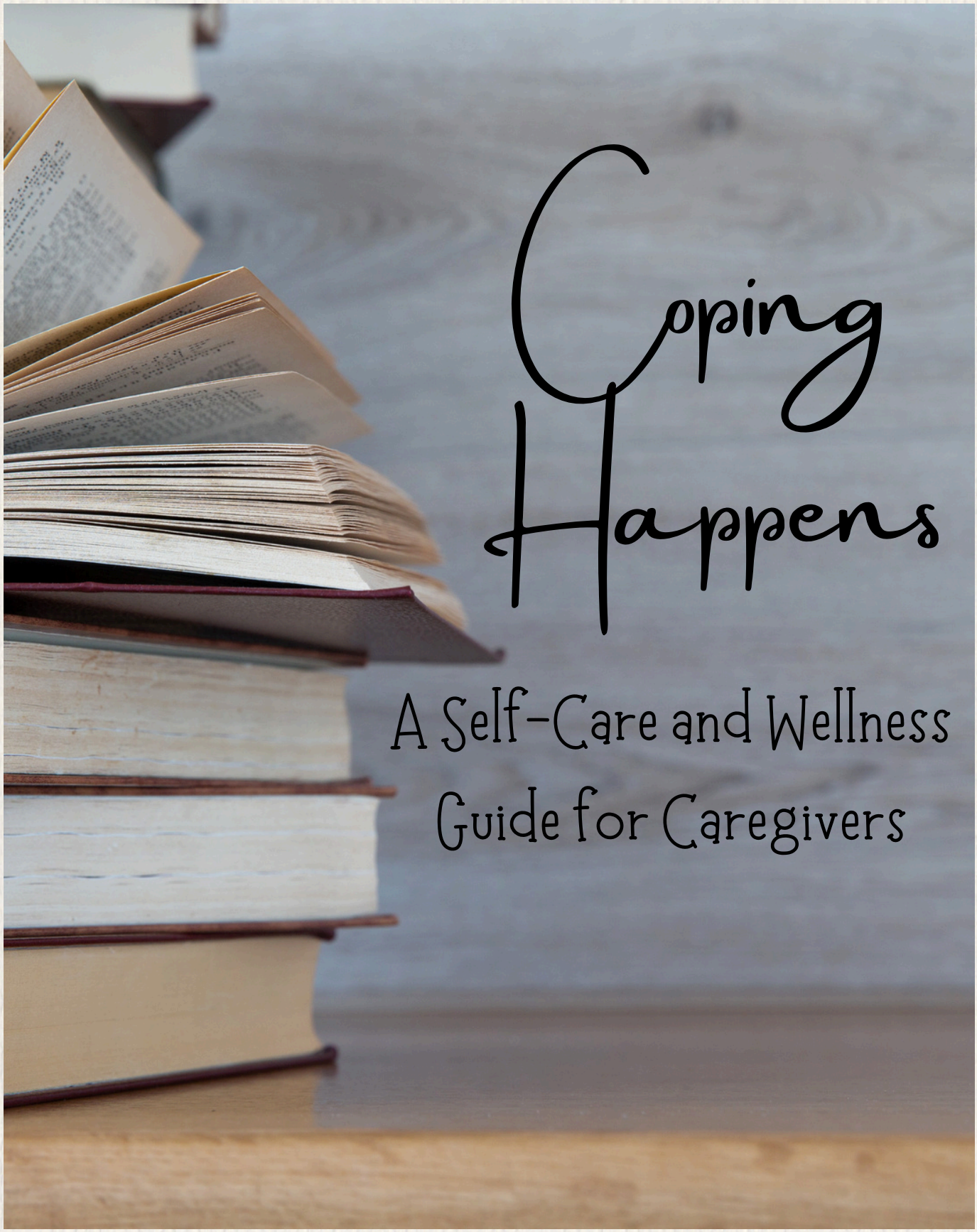

Coping Happens
A Self-Care and Wellness Guide for Caregivers

A Note to Caregivers

Caregiving can be meaningful, rewarding, overwhelming, and exhausting,, sometimes all in the same day.

When much of your energy is spent caring for others, it is easy to place your own needs at the bottom of the list. Over time, constant caregiving responsibilities can affect your physical health, emotional well-being, relationships, and sense of identity.

This guide was created to remind you that your well-being matters, too.

The activities and ideas included here are not about being perfect. They are about finding small, realistic ways to recharge, reconnect with yourself, and build resilience one step at a time.

Remember:
Taking care of yourself is not selfish
It is an essential part of caring for others.



Coping Skills for Caregivers

Everyone copes differently. The goal is not to find the perfect strategy, but to discover what helps you feel supported, grounded, and resilient.

Physical Coping Skills

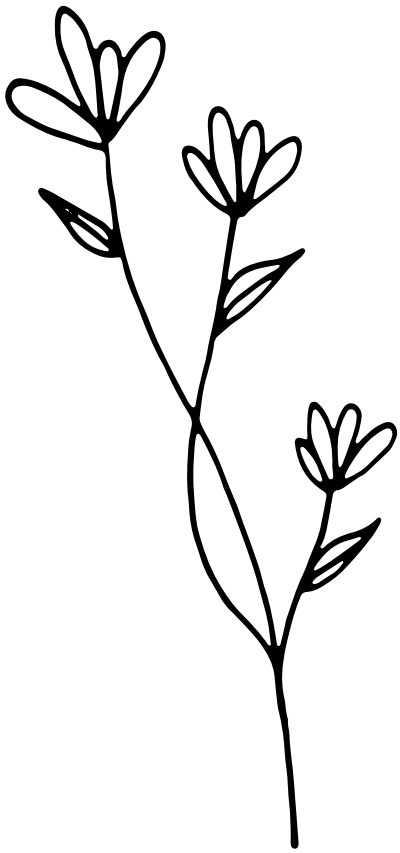
- Exercise (walk, hike, workout at the gym, dancing)
- Prioritize nutritious meals when possible
- Aim for restorative sleep
- Yoga or gentle movement
- Take a warm bath or shower
- Schedule preventive healthcare appointments

Social Coping Skills

- Reach out to a friend
- Join a support group
- Ask for help
- Volunteer with a group you enjoy
- Connect with another caregiver
- Attend caregiver support groups
- Accept offers of help
- Delegate tasks when possible
- Maintain relationships outside of caregiving

Cognitive

- Meet with a counselor or therapist
- Practice mindfulness and grounding techniques
- Journal your thoughts and feelings
- Use self-compassion instead of self-criticism
- Practice positive self-talk
- Set realistic daily goals
- Learn a new skill or take a class
- Focus on progress rather than perfection



Other Wellness Activities

- Read a book
- Listen to a favorite podcast
- Practice relaxation exercises
- Attend a comedy show, concert, or community event
- Explore a new hobby
- Spend time in nature
- Engage in creative activities such as drawing, writing, or music

Coping Skills

Physical Coping Skills

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

Social Coping Skills

_____

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Cognitive Coping Skills

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Other Coping Skills

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

30 DAY
Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Start a gratitude journal	Meditate on your own.	Take a walk outside	Listen to a podcast	Indulge in a hot bath or relaxing shower
DAY 6	**DAY 7**	**DAY 8**	**DAY 9**	**DAY 10**
Crank up the music and dance	Read a book for 15 minutes	Treat yourself to a favorite beverage	Write down something you love about yourself	Practice some yoga poses
DAY 11	**DAY 12**	**DAY 13**	**DAY 14**	**DAY 15**
Practice relaxation breathing	Watch a funny animal video	Create a bucket list	Watch a favorite show	Spend time outside in nature
DAY 16	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**
Have a game night	Wake up earlier to have the house to yourself	Make your favorite meal	Set one realistic goal for the week	Schedule a healthcare or wellness appt you may have postponed
DAY 21	**DAY 22**	**DAY 23**	**DAY 24**	**DAY 25**
Write someone a letter.	Make a playlist of your favorite songs	Buy yourself flowers	Have a home spa day	Read inspirational quotes
DAY 26	**DAY 27**	**DAY 28**	**DAY 29**	**DAY 30**
Create a vision board	Take a power nap or rest break	Call a friend	Try a new hobby	Practice positive self--talk

Daily Check-In

Ask yourself:

- How am I feeling physically?
- How am I feeling emotionally
- What do I need today?
- What is one thing I can do for myself ?

Date:

M T W T F S

My self-care goal:

Self Care Ideas

Note to myself

Top priorities

List of things to appreciate

When I feel:

I need:

Things to Think About

"Self-care means giving yourself permission to pause."
- Cecilia Tran

Asking for help is a sign of strength, not weakness.

"We didn't get strong by doing it all. We got strong by stopping when we needed to."
-Strength Happens

"Self-compassion is simply giving the same kindness to ourselves that we would give to others."
- Christopher Germer

You can't pour from an empty cup.

There is no perfect way to cope. Focus on what helps you get through today with kindness towards yourself.



Simple Self-Care

🌿 **Reflection**

Take a quiet moment to check in with yourself.

1. What does self-care look like for you right now?

_____

_____

_____

2. What is one small way you can care for yourself today?

_____

_____

_____

3. When was the last time you said “yes” to help or let yourself rest without guilt?

_____

_____

_____

4. What is one thing you have done well as a caregiver recently

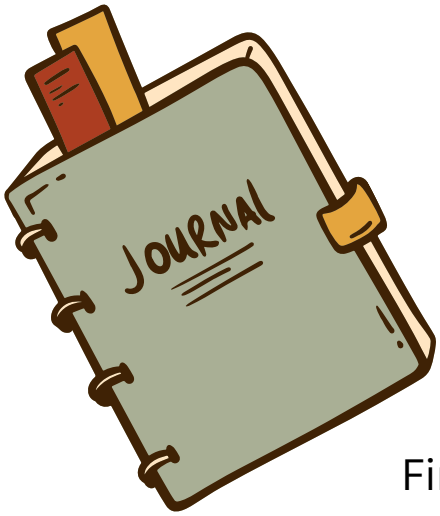
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🫠 **Remember You’re Not Alone**

- You deserve rest, care, and joy, not someday, but today.
- Start small. Give yourself permission.
- Your well-being matters just as much as the care you give.



Journaling

Finding Small Joys & Resilience

Identify one small, sustaining moment of joy or connection you experienced recently with someone you care about.

How can you intentionally create more of these moments—for yourself and others—amid the demands of caregiving?

What words describe you—beyond caregiving?

What passion, dream, or hobby did you once love that you want to revisit?

How has caregiving reshaped your sense of purpose?

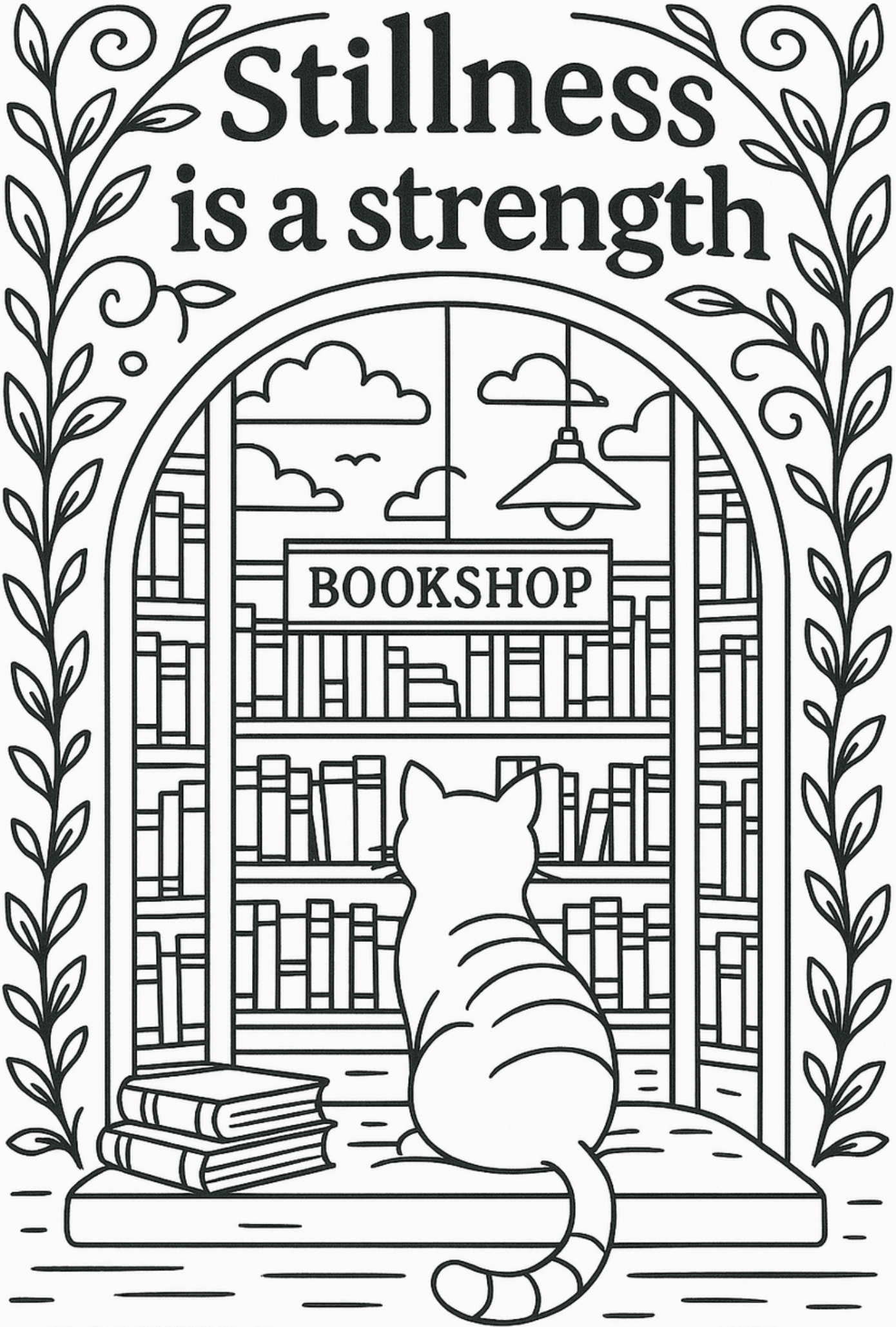
What's one small thing you can do this week just for you?

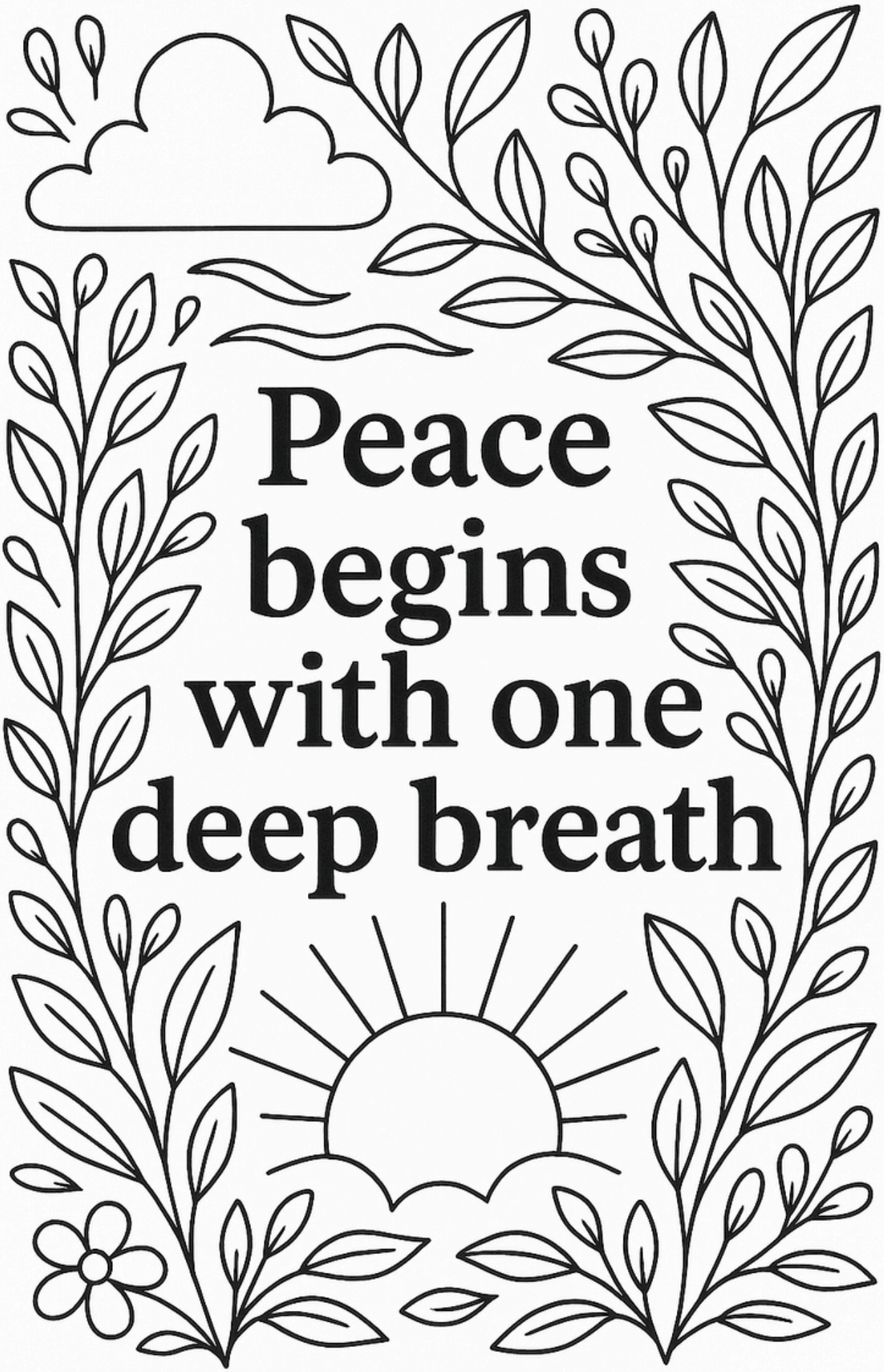
What step are you taking this week to reconnect with yourself?

Gratitude Journal




I trust
myself
to
navigate
this


Stillness
is a strength
BOOKSHOP


Peace
begins
with one
deep breath


“I allow space
for joy

Resources

- **Caregiver Action Network (CAN):** provides access to forums, information and a community for caregivers. https://www.caregiveraction.org/
- **Caregiver Action Network Family Cargiver Toolbox:** https://wwwcaregiveraction.org
- **National Alliance on Mental Illness (NAMI):** is the nation's largest grassroots mental health organization. NAMI is dedicated to building better lives for the millions of Americans affected by mental illness. Resources include: mental health education, support groups, research, and the NAMI helpline: 1-800-950-NAMI (6264). https://www.nami.org/
- **Alzheimer's Association:** 24/7 Helpline 1-800-272-3900
- **Parent to Parent (P2P):** empowers and supports parents, nationwide. They are dedicated to supporting families of children with special health care needs. https://www.p2pusa.org/
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** is an agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. They have numerous resources for families and caregivers. Helpline - 1-800-662-HELP (4357) https://www.samhsa.gov/
- **Online Caregiver Forums:** Facebook, Instagram, TikTok and other online platforms offer a variety of informal and formal support groups for parents with children with disabilities. Find a community that works for you.
- **The Halle Grace Foundation:** is a non-profit that works to educate medical professionals on the emotional impact of disability has on the individual and family. They also offer numerous resources and supports to families and work to empower young people living with disabilities. https://www.thehallegracefoundation.org/
- **988 Suicide & Crisis Lifeline:** Call or text 988

A Final Reminder...

Caregiving is a marathon, not a sprint. Some days will feel manageable, and others will feel overwhelming. Both are part of the journey.

Give yourself permission to be human. You do not have to do everything. You do not have to do it perfectly. And you do not have to do it alone.

You deserve support. You deserve rest. You deserve compassion.

Most importantly, you deserve the same care and kindness that you so freely give to others.

As you turn the final page of this workbook, remember:

You are more than a caregiver.
You are a person with needs, dreams, strengths, and a life that deserves nurturing, too.

Take a breath. Ask for help when you need it. Celebrate small victories.

One small step today is enough.



the Halle Grace FOUNDATION

Strength Happens PODCAST