

Season 1: Episode 8

Self-Care for Caregivers

Episode Summary

In this episode, Jill and Janine get real about something every caregiver struggles with—taking care of yourself while caring for everyone else. They share honest stories about guilt, burnout, and how self-care doesn't have to be another thing on your to-do list. From “micro self-care” moments to redefining what rest looks like, this conversation is a gentle reminder that caring for you is part of caring for your loved one.

Key Takeaways

💖 Self-care isn't selfish — it's essential. You can't pour from an empty cup. Taking care of yourself helps you care for others more fully.

🌿 Redefine self-care. It's not just spa days or bubble baths—it's the little things that refill your energy and restore your peace.

🕒 “Micro self-care” makes a big impact. Small, doable actions—like breathing deeply, stepping outside, or sitting to eat lunch—add up.

🙌 Asking for help is strength, not weakness. Allowing others to support you creates space to breathe and connect.

💬 Community care matters. Whether it's a support group, a friend, or an online space, sharing your story lightens the load.

👤 Caring for yourself is caring for your loved one. When you thrive, your family feels it too.

Reflection Prompts

- What does self-care look like for you right now?
- What's one small way you can care for yourself today?
- When was the last time you said “yes” to help—or let yourself rest without guilt?

Simple Self-Care Ideas

- Take three slow, deep breaths before re-entering the room.
- Step outside for two minutes of fresh air.
- Drink a full glass of water.
- Journal for five minutes before bed.
- Say “no” to one thing that drains your energy.
- Reach out to a friend or caregiver group for support.

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.

Join the Conversation

- What's one self-care practice that's helping you right now?
- Share it with us on social media @StrengthHappensPodcast — we may feature your ideas in a future episode!

