

Coping with Caring

1 Introduction – Emotional Impact of Caring

- What is a carer
- Common feelings associated with caring – plus new ones (firefighting, walking on egg shells, brain fog from stress all unique to caring) – informed by carers
- Waterfall Analogy

2 The Body Keeps the Score

- Looking at how our nervous system holds stress, anxiety and overwhelm
- Grounding, Mindfulness, Progressive Muscle Relaxation
- Introduce the concept of carrying

3 Carrying What Can't Be Fixed

- Acknowledgement and Self-Compassion – Self care isn't selfish, makes better carers and we're important in our own right
- Self-Care (self-care box/toolkit)
- Journaling, mood diaries for triggers, art, photography, sensory
- Growing life outside caring

4 Distressing Conversations and Situations

- Boundaries and how to handle emotional impact
- What to do when the worst has already happened
- De-escalation
- Mindfulness and Grounding re-visited to cope

5 Mental Health and Recovery plus Advocacy with the Mental Health System

- Mental Health Discussion
- Recovery – What is it? Not Linear.
- Their Story – Booklet Writing as telling story over and over can be exhausting
- Advocacy

6 Final session

- Going over what we have covered
- Moving Forward, planning and muscle memory and using the resources
- Handouts, self-care treats
- Carers rights and Benefits

