Weekly Emotions Tracker

Keeping It Real

Rare caregivers report twice the amount of emotional stress than general caregivers (NAC 2018). To help track how you're feeling as you stay busying caring for others, make a check mark if you felt any of the below. Most of these are normal emotions. However if you've had these feelings more than two weeks, stop and take action to get the help you need.

I am feeling	1 2 3 4 5 6 7 8 9 10 11 12 13 14
"Off")00000000000000000000000000000000000000
Moody)000000000000
Angry and agitated)0000000000000
That I want to be alone all the time)000000000000
Like I want a drink alcohol in order to cope/relax)000000000000
Like I don't care if I'm clean)000000000000
Overwhelmed	000000000000000000000000000000000000000
Hopeless)000000000000
X g	iveanhour Mental Health For Life

*this is not a diagnostic tool. The goal is to become aware of your emotions so that you can track your emotional baseline and recognize when you need to reach out for help.



SELF-CARE FOR RARE CAREGIVERS: ESTABLISHING HEALTHY HABITS OUTSIDE OF CAREGIVING

Prioritizing self-care can be a challenge when providing rare caregiving to others. Self-care is essential to prevent burnout as the healthier you are, the more energy you will have to care for others. Self-care does not look the same for every rare caregiver. Try incorporating one of these tips each month and with practice, taking care of yourself will become second nature.



Learn & practice stress reducing techniques



Attend to your own healthcare needs



Get adequte rest and nutrition



Exercise regularly even if only for a short time



Take time off without guilt



Participate in enjoyable activities, like reading a book



Seek and accept the help of others



Seek counseling when needed



Practice mindfulness: identify and acknowledge your thoughts, emotions, feelings, and challenges



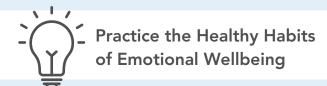
Practice common humanity: through shared experiences, i.e. peer support, online support groups



Set obtainable goals



Practice self-kindness















CREATING Support SYSTEMS

Rare Caregivers often feel isolated and find it challenging to connect. 51% report difficulty in maintaining friendships and 53% report feeling alone*. Since the rare care journey is often emotional and difficult, it is important to prioritize support. Research has shown that supportive relationships have many benefits. These include reducing stress, depression and anxiety; living longer; having higher levels of well-being; and acquiring better coping skills. So how do you build strong support systems? Figure out what kind of support you need then work on building and sustaining them. Yes it takes energy, but you will get so much in return.

Type of Support Needed

Different relationships check particular boxes. When you have limited time and energy, be intentional about the relationships you build & the people you surround yourself with.



A service or a favor; reinforces that it's healthy to ask for help when needed and accept the help



Acceptance, understanding, reliable encouragement and empathy; reminder that we are not alone



Feelings that build your motivation and respect your efforts



Receiving positive, supportive information or new knowledge; provides support without an emotional connection



Belonging to a community or peer group that understands your beliefs and/or situation

Tips to Sustain Support Systems

- Respect boundaries
- Accept help
- Be available
- Be honest
- Be patient...it takes time to develop
- Stay in touch
- Reciprocate: support their successes and share appreciation
- Engage when it's healthy

*https://www.caregiving.org/guidebooks