

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 busy caring for others, make a checkmark ☒ 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

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9

10

11

12

13

14

"Off"

I FEEL

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Moody

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Angry and
agitated

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That I want to be
alone all the time

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Like I want a drink
alcohol in order to
cope/relax

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Like I don't
care if I'm clean

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Overwhelmed

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Hopeless

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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 adequate 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



Practice the Healthy Habits
of Emotional Wellbeing



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.



Tangible

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



Emotional

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



Affirmational

Feelings that build your motivation and respect your efforts



Informational

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



Belonging

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

Support Systems Build You UP!

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