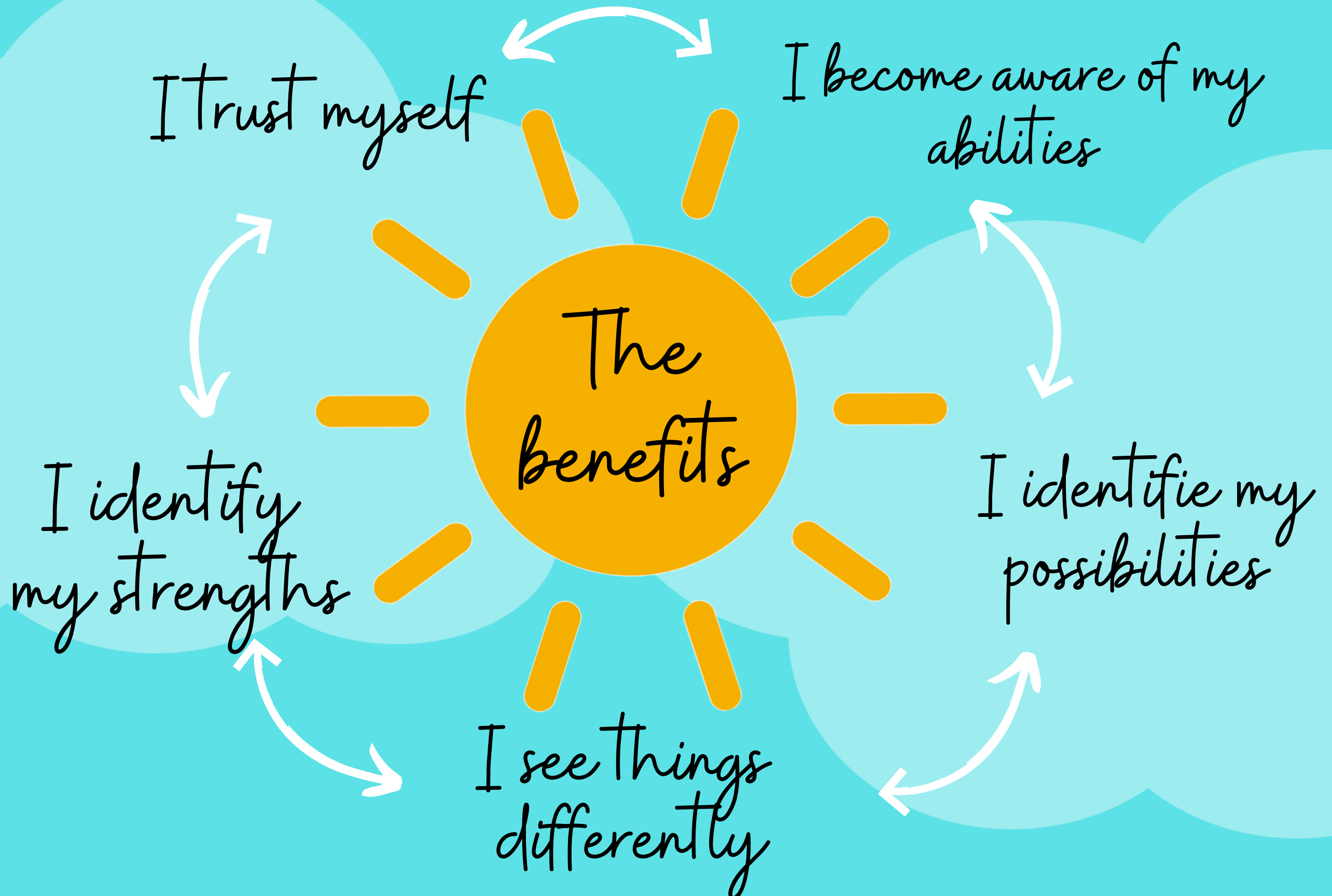


The creative potential allows us to develop new skills to solve problems in an original way and to see the positive aspects of situations. Thus, we accumulate a baggage of different tools that will allow us to solve future problems.



Imagining new solutions

- Dive into a world of trial and error where I come out a winner.
- Have you thought of any "crazy" or off-the-wall solutions? No? Give it a try!
- Reconnect with your power to act and to feel. All emotions are OK!
- Believe in yourself. One step at a time and you will come to an end.
- Realize that you have just created something new, it is THROUGH you
- that your life is changing for the better!

Reinventing everyday life

- The more surprises and discoveries I experience the more potential there is to discover new solutions.
- Small change will become big! What change do you see more positively today?
- This week, what did I do for the first time? Why does this make me proud?

Choosing to create new perspectives rather than the old ones...

The more creative I am, the more I solve problems with satisfaction.

- Your comfort zone, know it better to judge it less;
- What I know saves me energy and avoids doubts;
- Choosing allows me to be reassured and to feel more control over my life.



- 1 Be empathetic towards yourself**
With new eyes, observe yourself. What do you feel? What is not working in the current situation? "I feel tired. I'd like to have some time to myself, but I don't feel comfortable sending my loved one on a respite."
- 2 Identify the need**
What is the problem to be solved? "I need to have a respite solution that I can trust."
- 3 Search for ideas**
List all the solutions that could be implemented to meet the need. The only limit is your imagination! "Ask to accompany my loved one the first few times, hire staff myself using the Family Support Allowance Program (FSA), exchange babysitting time with another family living a similar reality, ask someone I know to come and take care of my loved one while I relax in another room."
- 4 Choose**
Which idea do you find most interesting? Bring it to life! "My mother will come one afternoon a week while I take some time for myself in the basement."
- 5 Test it**
Implement the chosen solution for a period of time. "After a few, I feel more comfortable having someone else take care of my loved one. I can see that my loved one is well, even in my absence. Maybe I could try one of the other ideas I had come up with to get even more relief?"

The role of caregiver is full of situations where we have the opportunity to get out of our comfort zone!

It's risky, difficult, but rewarding. When I expose myself to the risk of:

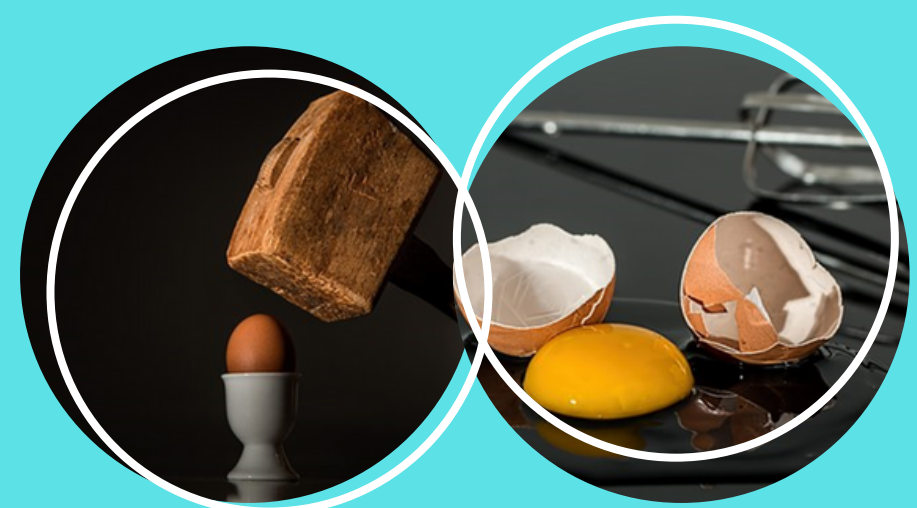
- **SHORT** term, it's **STRESSFUL** ;
- **MEDIUM** term, it makes me **PROUD** ;
- **LONG** term, I **DECREASE** my level of anxiety and I **INCREASE MY SKILLS**

"Only the unknown frightens men. But for anyone who faces it, it is no longer the unknown".

-Antoine de Saint-Exupéry

How is my potential defined?

Look where you came from and where you are now



AN EGG OUT OF ITS COMFORT ZONE
Are there more creative possibilities with an egg out of its shell?