

The trajectory of caregiving can be complex and intense. Those who have chosen this path quickly realize that their daily lives are full of challenges, delicate decisions, hesitations, resistances and questioning.

How do we unravel a situation that is beyond us, when we are overwhelmed by everyday life, when our emotions confuse us and we move forward blindly?

1 Take a step back as long as necessary to :

- Recognize the complexity of the situation;
- Become aware of the emotional turmoil within us;
- To put some distance between us and see if other perspectives exist;
- Question our sense of urgency, to identify if it is real or disproportionate;
- Reflect on our commitment as a caregiver, on the intensity and duration of this commitment.

2 This step backwards allows to trigger certain protection mechanisms such as :


- Temporarily move away from the various sources of suffering;
- To find or preserve one's inner strength and channel them;
- Evaluate one's options for taking action (increase one's knowledge, ask for help, set limits...);
- Make choices between facing or running away from change and loss of control.

3 Then, taking two steps forward allows you to :

- Begin to develop and implement an action plan that will improve your well-being;
- Understand your emotions in order to more accurately identify your needs;
- Feel more grounded in your role;
- Reassess your network and surround yourself with allies

4 Gaining momentum means :

- Take back power over your life;
- Measure your commitment to your loved one and adjust it to the reality of the moment;
- Make decisions that are consistent with your values and knowledge;
- Accepting to make mistakes without feeling guilty and recognizing one's shortcomings;
- Show self-care, encourage oneself, be proud of oneself;
- Find a meaningful and liberating meaning to events, in order to identify one's abilities and capacities to mobilize one's resources.



When you find yourself in a situation that requires you to take a step back, it is essential not to judge or compare yourself. Every situation is different, and the time we spend in this stage must become a safe and caring space to rebuild!

What can slow down my momentum ?



The reluctance

When we hesitate to assert ourselves, to express opinion or disagreement.

"Several weeks ago, a caregiver in my support group strongly suggested that I take some time off, but I'm not that tired, there are people who have much worse situations than mine."

The resistance

The act of opposing or disapproving of an authority or an irreversible situation, through various behaviors, in order to maintain the status quo, to remain in a known and secure place.

What contributes to a person being RELUCTANT and/or RESISTANT?

"I don't know of any service for young adults like my daughter.. What should I do to to keep my job? I have to work, I can't be at home 24h/24."

"The workers helping us have changed so many times in the last year, everything is always to start all over again. Why should it be different this time?"

"He refuses to go to respite, what can I do?"

"I do everything in my power to provide a healthy and balanced family cocoon. If I accept help, what will be left of it? I am afraid that I will feel overwhelmed and that my children will lose their bearings."

"I don't know who else could take care of him, it is his health and his life."

What are the impacts of reluctance and resistance?

The non use of the help available, thus a marked decrease of your quality of life;

Isolation, loss or tear of one's social network;

The deterioration of mental health, physical health and the risk of exhaustion;

The accentuation of the mental burden, through the relentlessness to reproduce the same steps hoping for a different result.

What are the adaptation strategies towards resilience?

Naming your reluctance and resistance to a person of trust;

Taking time to question yourself, then increasing your knowledge;

Use your strengths as a lever to put them into action;

Forgive yourself for your mistakes and try again differently.

