

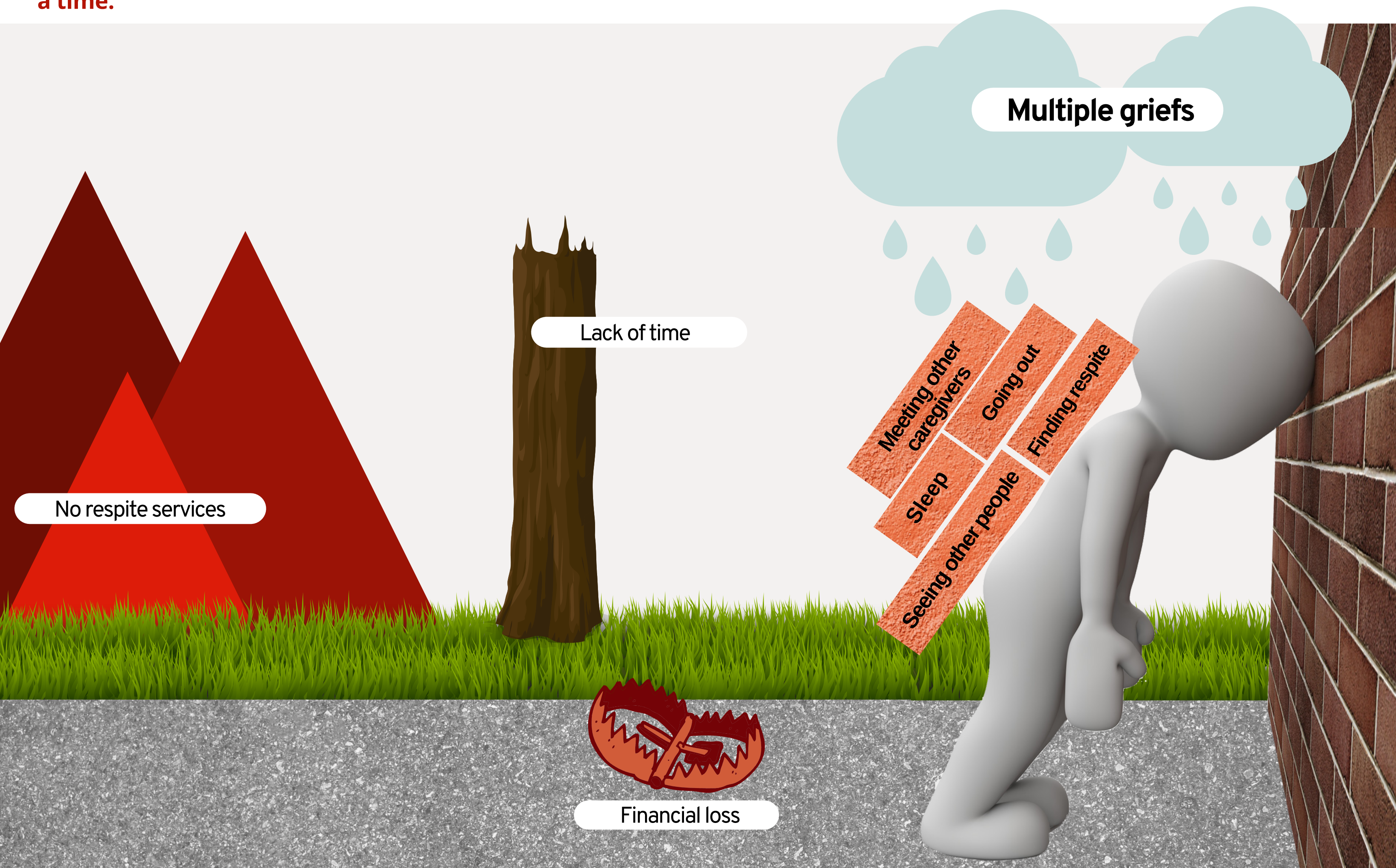
# A personalized guide to wellness for caregivers

**"Caregiving hit me like a ton of bricks falling on me."**

*-Adapted quote from popular singer*

Healthy living means finding your balance in the various spheres that make up your daily life and your reality as a caregiver to let you recharge your batteries and keep going. You often hear the recommendation to "take care of yourself" with a panoply of good advice: eat vegetables, exercise 30 minutes a day, sleep 8 hours a night, take a hot bath with candles... So much, but are they compatible with your reality, your needs, your energy and your desires? You are the best person to create your own personalized caregiver wellness guide.

Before identifying the best practices to improve your daily life, you'll need to think about your current needs and prioritize them according to your energy level and the urgency of the situation. Then, think about the challenges that prevent you from satisfying those needs. Imagine them as bricks on your shoulders that you decide to remove one at a time.



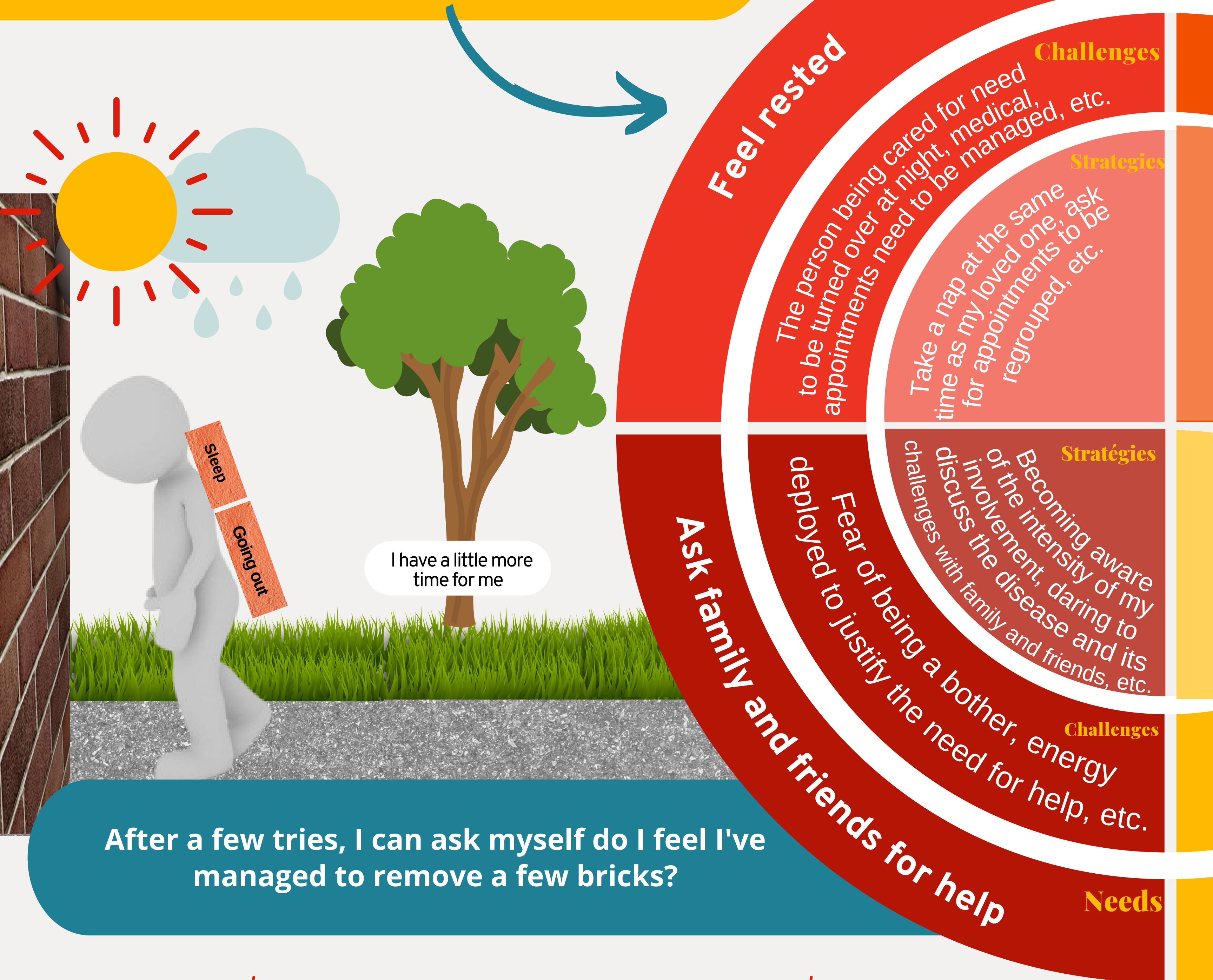
Use the following equation to help you identify the needs to be met efficiently and in a satisfying way. Sometimes, a non-urgent need can be met first, because the result will enable us to experience a success that will boost our self-esteem to take on a bigger challenge.

$$\text{Urgency of situation} + \text{Caregiver challenge} + \text{Energy level} = \text{Needs to be met and prioritized}$$



In the example below, see how you can use the Caregiver's wellness guide.

In the tip of the sphere, write down the need, the challenges you're facing and the strategies you want to implement. You'll have a guide that can be dynamic, i.e. that you can improve, in real time and over time. Each tip of the guide can be managed simultaneously or not



*If the answer is yes, I can now meet new needs.*

Here is your personalized wellness guide for a caregiver , you'll find an outline of the various sections to be completed, graded according to the urgency of the need. Red, being a very urgent need.

*Now, your turn  
to fill it!*

