

Like a gardener who sows seeds, each caregiver cultivates their own path by choosing what to plant. However, this path can sometimes be tumultuous. For example, due to the progression of the disease, the accumulation of unforeseen events, etc. Choices, decisions, responsibilities, and commitments can sometimes weigh heavily on the shoulders, slowing down actions or reflections.

In this context, this tool addresses reflections and strategies aimed at allowing oneself moments of lightness.

Have you ever felt that heavy feeling?



Some caregivers describe it as a feeling of obligation, overload, lack of time, and/or loss of control, of being caught up in a whirlwind.

It is perfectly legitimate to experience these emotions

How do you use these emotions and feelings to give yourself moments of simplicity and well-being?

What allows you to feel a sense of lightness?
Acceptance

Here are some strategies for cultivating lightness



- Creates space for novelty
- Induces inner calm
- Frees up the house and mind



- Increases personal satisfaction
- Makes it easier to set priorities
- Reduces mental load



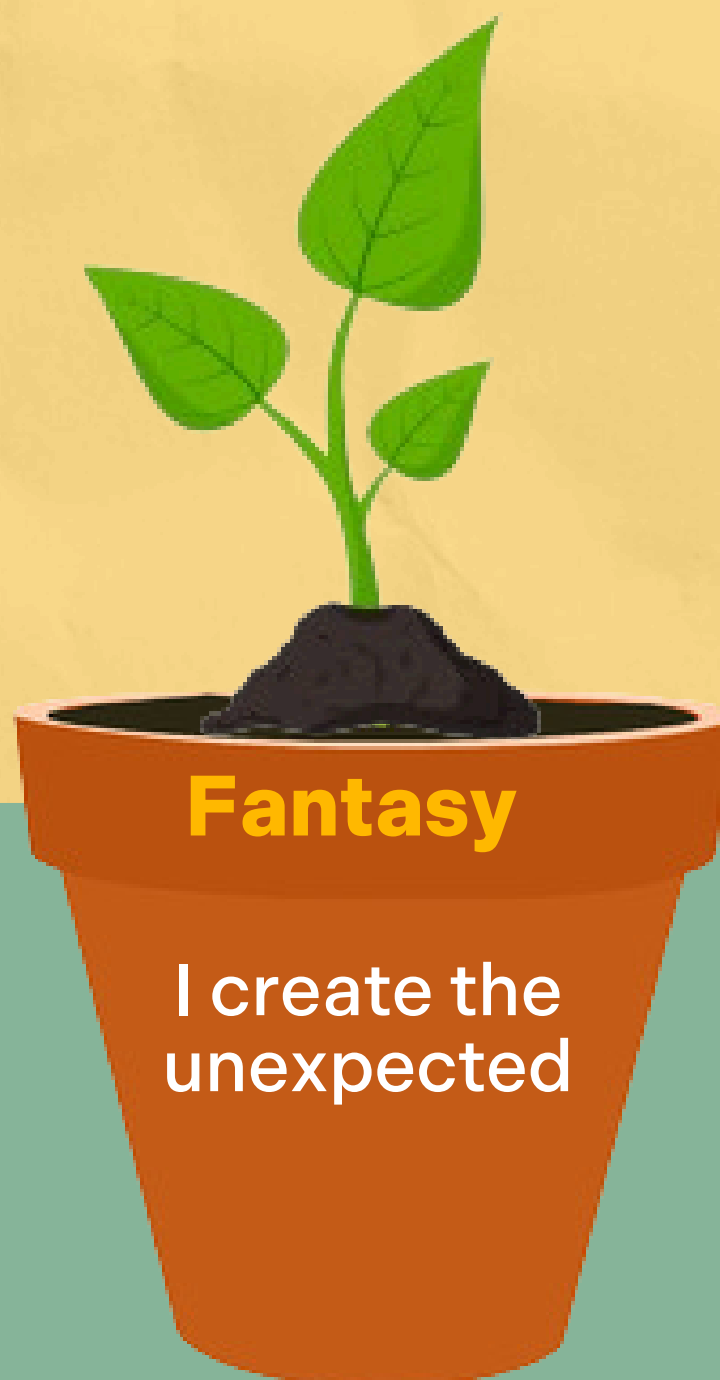
- Increases positive thoughts
- Promotes resilience
- Provides a sense of well-being

There is always hope, no matter what challenges you face. Know that what you sow stays alive and that it gets easier with practice. Take the time to harvest what does you good, allow yourself to make mistakes. Just like plants, everyone grows at their own pace, with their own needs. The same goes for your journey as a caregiver.

Cultivating lightness means gently tending to your garden, but it also means sowing seeds courageously to create a nurturing environment for yourself.



- Seeing the beauty and goodness around me
- De-dramatizing situations
- Appreciating the present moment



- Add a touch of fun
- Break out of the routine
- Enjoy new experiences



- Making good choices for myself
- Respecting my limits
- Living with satisfaction in my relationships

2

All of this is part of our own areas of power, those that allow us to have control over how we wish to cultivate our lightness.

And you, how would you like to cultivate lightness today?

