



Caregivers Wellness Workshop: Worksheet  
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Work creatively within your life restrictions to include wellness techniques. You are an expert on yourself! Reflect, determine what you need, then plan how to address it. Complete as many of these forms as you want to, especially as your needs change.

Remember, you will never HAVE time to do any of these things; you need to MAKE the time!

I feel energized when I am \_\_\_\_\_-ing.

These are ways that I can \_\_\_\_\_ along with other notes and ideas.

1. \_\_\_\_\_
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
2. \_\_\_\_\_
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
3. \_\_\_\_\_
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

*MISSION: Promote the independence, dignity and wellness of homebound elderly and people with disabilities by matching them with supportive and caring volunteers who assist with the tasks of everyday life.*

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## Self Compassion Exercise

The person in my life who is unconditionally supportive is     (name)    .

When I feel critical of myself or the job I am doing, I will remember to channel

My “     (name)    -ness” with supportive thoughts.

## Ways to Engage Your Five Senses

- Read a favorite book aloud to your care receiver
- Create a “haven” (tidy space) with your favorite things
- Listen to uplifting music in the car, while cleaning, or with your care receiver
  - Recommendations (found free on YouTube)
    - Videos of babies laughing, puppies meeting babies, or “clean” comedians
    - Pentatonix, Straight No Chaser, or other a capella group singing favorite songs
    - “*The Irish Blessing*” – over 300 churches participated all skyped into one video
- Turn OFF the music in the car – let the drive be a “stimulation break”
- Find comforting things to do with your hands
  - Knitting, coloring, writing
  - Ask your care receiver to recall a story aloud and copy it down for them
  - Give a hand massage to a loved/trusted one
    - Use lotion to help with glide
    - Both receive the benefit of human touch
    - Both receive relaxation benefit
- Use a small ball to roll the bottom of your feet (seated exercise)
- Take a walk in nature – take care receiver, borrow a pet, or alone
  - If possible, find a body of water/water feature to enjoy for a moment
- Practice gentle yoga, seated stretches, any deep breathing with movement