

# Self-Care for Caregivers: Fill Your Cup



## DICTIONARY

Enter a word, e.g. "pie"



# care·giv·er

/ˈkerˌgɪvər/ 

*noun* NORTH AMERICAN

a family member or paid helper who regularly looks after a child or a sick, elderly, or disabled person.

*Feedback*



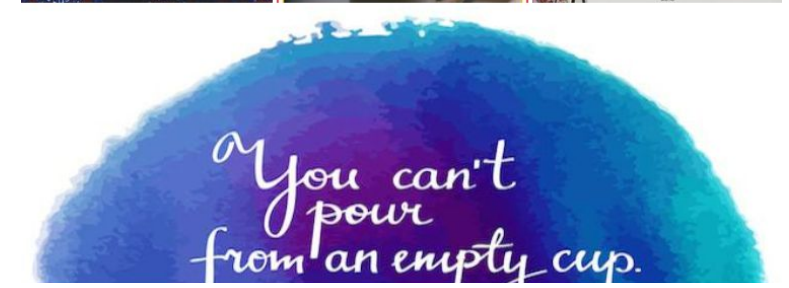
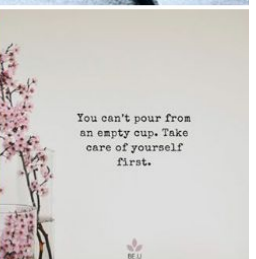
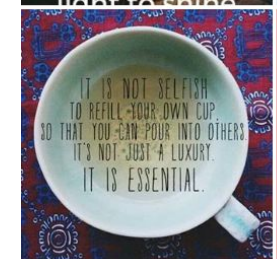
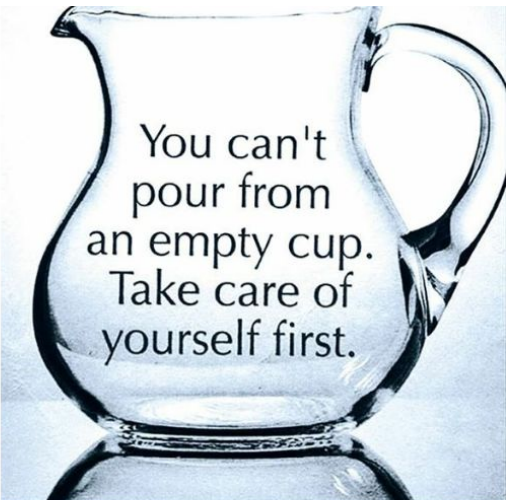
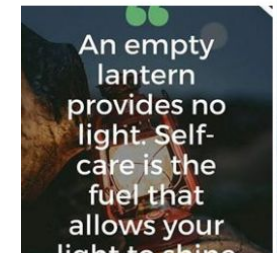
Translations and more definitions



When you naturally have a healing aura, you attract a lot of damaged people, and having them in your life could drain your energy to the max. a reminder that it's not your job to heal everyone that you encounter. You can't pour from an empty cup. Take care of yourself first.



our dreams a priority.  
our mental health a priority.  
our happiness a priority.  
ourself a priority.







**PUT ON  
YOUR  
OWN  
OXYGEN  
MASK  
FIRST.**



Although it may be simple,

It isn't easy!

I feel guilty  
when I do  
things for  
myself

I can't say  
no

I feel selfish if I  
put my needs  
before the needs  
of the patients

Sometimes I am  
stretched so thin  
that I forget to  
take care of  
myself

I'm getting mixed  
messages from my  
supervisor – should I  
or shouldn't I take  
care of myself?

More  
wine?!?!





I grant *myself* permission to FILL.MY.CUP!

I grant *you* permission to FILL.YOUR.CUP!

I grant *all of us* permission to FILL.OUR.CUPS!

## What is it?

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally.”

-Jon Kabat-Zinn

Founder of Mindfulness-Based Stress Reduction (MBSR)

# TO DO LIST

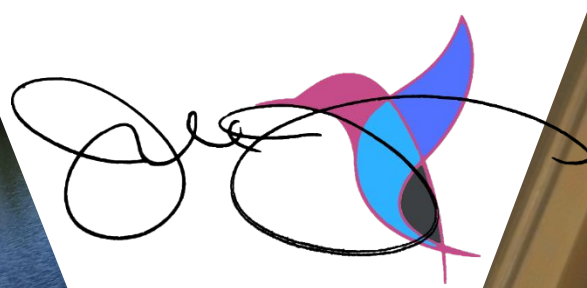
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1  
2  
3

SO  
MANY  
THINGS







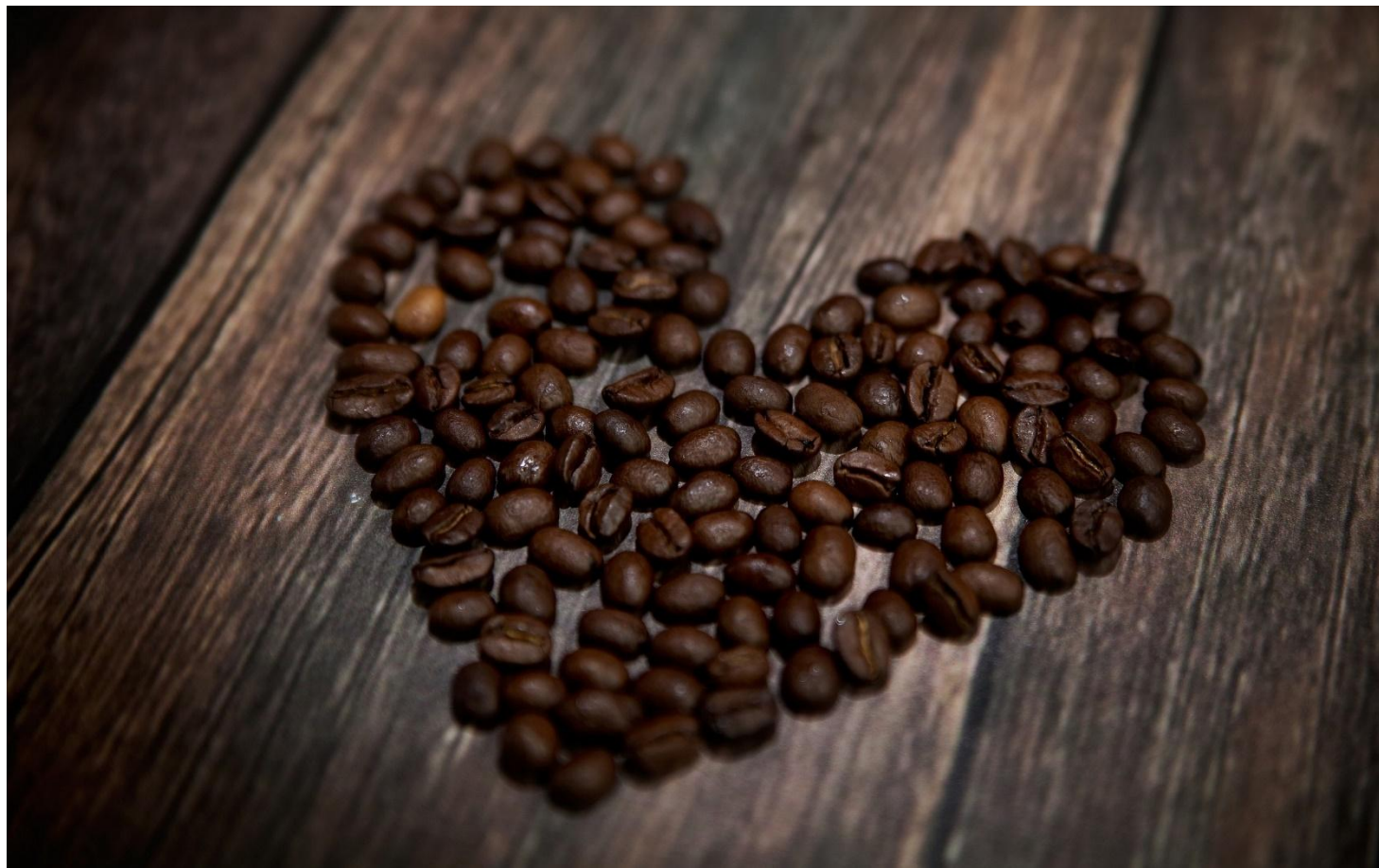
# What You Will Learn Today

Everyday Mindfulness is. . .

1. Breathing
2. Awareness
3. Guided Meditation
4. Sleep









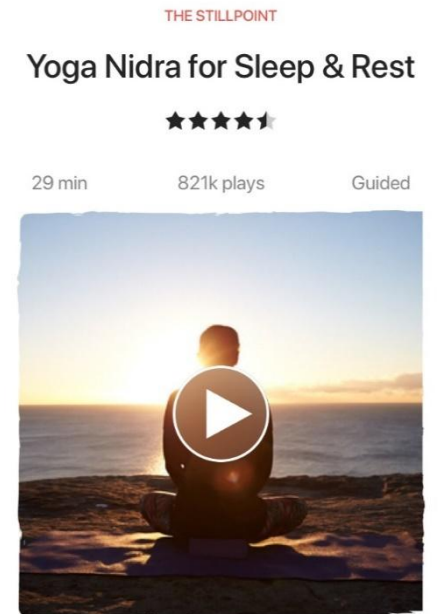




# Download Insight Timer App

Listen to:

Yoga Nidra for Sleep & Rest by The StillPoint



This deeply relaxing & nourishing meditation is designed to be used as a tool for those who feel they are not getting enough rest or sleep in life.





# What You Learned Today

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