Self-Care for Caregivers: Fill Your Cup
care·giv·er

/ker.giver/  

noun  NORTH AMERICAN

a family member or paid helper who regularly looks after a child or a sick, elderly, or disabled person.
You can’t pour from an empty cup. Take care of yourself first.

An empty lantern provides no light. Self-care is the fuel that allows your light to shine.

Remember to take care of yourself. You can’t pour from an empty cup.

You can’t pour from an empty cup. Take care of yourself first.
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

1
2
3

SO MANY THINGS
What You Will Learn Today

Everyday Mindfulness is. . .
1. Breathing
2. Awareness
3. Guided Meditation
4. Sleep
breathe.
Download Insight Timer App

Listen to:
Yoga Nidra for Sleep & Rest by The StillPoint
What You Learned Today

Everyday Mindfulness is...  
1. Breathing  
2. Awareness  
3. Guided Meditation  
4. Sleep
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