

Spiritual Wellness for Caregivers

Self-Compassion as Self-Care

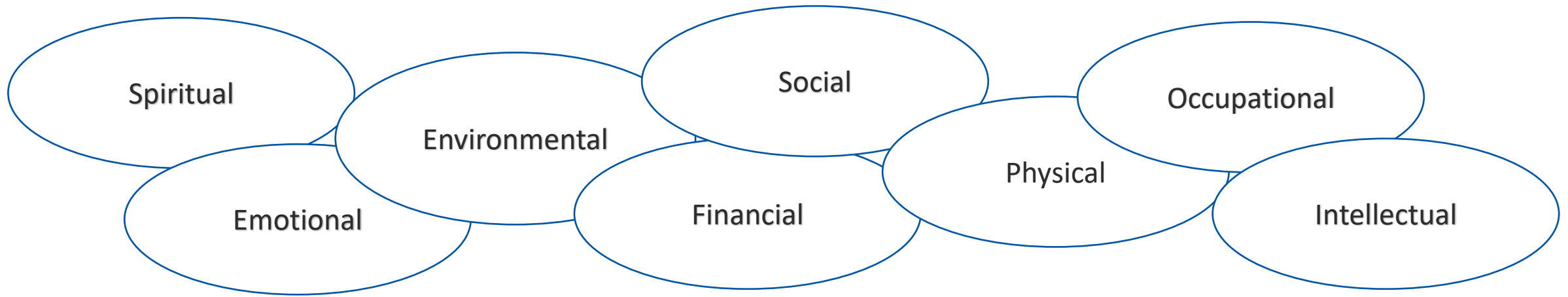
presented by

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Whole Person Wellness



Spirituality is the aspect of humanity that refers to the way individuals seek and express **meaning and purpose** and the way they experience their **connectedness** to the moment, to self, to others, to nature, and to the **significant or sacred**. - *Dr. Christina M. Puchalski*

Caregiver Spiritual Wellness

We cannot pour
from an empty cup.



Self-compassion
is self-care.

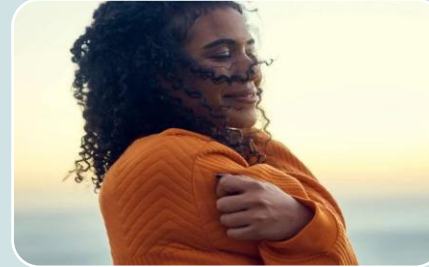
Core Pillars of Self-Compassion



Mindfulness



Common
Humanity



Self-
Kindness

The Mindful Self-Compassion Workbook (2018)
Kristen Neff, PhD & Christopher Germer, PhD

Mindfulness

- Being grounded in moment-to-moment awareness of our thoughts and emotions.
- No self-judgment.
- Keep it simple.



Our Common Humanity



There are 4 kinds of people in our world:

- those who have been caregivers
- those who are currently caregivers
- those who will be caregivers
- those who will need a caregiver

Rosalynn Carter

Self-Kindness

- Being as caring and generous with **ourselves** as we are with others.
- Offer ourselves comfort and unconditional acceptance.
- Practice loving-kindness towards yourself, acknowledging your needs.



Additional Practices to Nurture Spiritual Health

Reflection or journaling.

Daily gratitude.

Connecting with others for support.



Gentle Reminders for the Journey

YOU ARE ENOUGH.....

Mixed emotions are natural.

Your caregiving matters, in ways seen and unseen.



Closing Reflection

What are my needs? (practice a daily check-in and follow with a loving-kindness statement)

What will I take with me from today?



Resources & Support

- *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive* (2018) by Kristen Neff, PhD & Christopher Germer, PhD
- *The Dementia Care-Partner's Workbook: A Guide for Understanding, Education and Hope* (2019) by Edward G. Shaw, M.D., M.A.
- Family Caregiver Alliance – caregiver.org
- Alzheimer's Association – alz.org
- ARCH National Respite Network – archrespite.org
- “The Caregiver’s Companion” by Debra Kelsey-Davis & Kelly Johnson
- Podcasts: "The Caregiver Space Radio" & "Happy Healthy Caregiver"
- Local chaplain, pastor or spiritual director.

Thank You & Encouragement

Thank you for your presence and care.

Take one small step this week to care for your spirit.

“Caring for others begins with caring for yourself.”