

# *Caregiver2Caregiver*

## *Affirmations for Caregivers*



*Nourish your soul*

*Karen Leeman*

## *Why Use Affirmations*

According to a study by the National Science Foundation:

- Most individuals have between 60 - 80 thousand individual thoughts per day
- Up to 80 percent of those thoughts are negative.
- Up to 95 percent of our thoughts are repetitive

Affirmations - positive, uplifting, fortifying phrases - serve to

- Re-program our negative thinking
- Minimize self-sabotaging practices
- Decrease health-deteriorating stress
- Improve mood

*What you think, you become.*

*What you feel, you attract.*

*What you imagine, you create.*

*Buddha*

For the most impact, use these affirmations daily. Repeat these either to yourself or outloud (for the greatest benefit). To experience the most profound change, invoke the feeling of the affirmation as well as the words.



# *Affirmation Number 1*

## Introduction:

Particularly as a caregiver, it seems contrary to nature to take time for yourself. Often caregivers are balancing work/career, family, finances, transportation, nutrition – the list goes on and on. Time for yourself seems selfish. Or we reason that, for instance, going to the store by myself is “me time”.

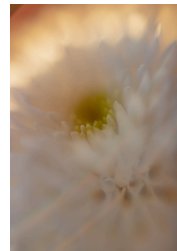
Denying yourself time for mental, emotional, and physical restoration is a belief that limits your ability and potential and drains your capacity leading to fatigue and exhaustion. Use the following affirmation to change your thoughts and beliefs.

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## *Affirmation:*

*I take moments throughout  
the day to*

*Relax  
Refresh  
Reset*



## *Affirmation Number 2*

### Introduction:

What other people think of you is only their opinion. As caregivers, it is particularly important to know this truth. We tend to get well meaning input from family and friends leading us to swing like a pendulum from one spectrum of thought and behavior to another spectrum of thought and behavior.

What perhaps began as a belief that pleasing others is an expression of compassion and empathy quickly becomes a downward spiral of giving power to others. You are compassionate and empathetic without having to cater to every opinion people express. Practice this affirmation and see your confidence grow.

### *Affirmation:*



*My value is . . .*

*independent of other's opinion of me.*

## *Affirmation Number 3*

Introduction:

Oftentimes we are thrust into a caregiving role with little notice. With no training and minimal support, the relationship with our loved one changes. Oftentimes, caregivers face enormous challenges – financial, physical, mental, emotional. We feel unprepared.

Our self-talk says that we are overwhelmed and under qualified. Don't give those thoughts a foothold in your mind. Caregiving is a role of valor. You are a person of fortitude. You forge ahead in unknown territory like a victorious warrior in battle. You make a difference. Your contribution, though often unseen, is invaluable. When life gets challenging, focus on this affirmation



*Affirmation:*

*Caregiving is one of life's highest honors.*

## *Affirmation Number 4*

### Introduction:

Caregiving is rewarding. It instills personal growth, and it provides a sense of fulfillment. Caregiving is also quite challenging. Demands are often constant. Stress is high. Our self-talk often does not give room for personal rejuvenation. Phrases like

- “I don’t have time for myself.”
- “I will take care of myself when circumstances change.”
- “I am not doing enough.”

only lead to frustration and burnout. It is up to you to establish your boundaries. Start changing your self-talk now and preserve time for yourself.

### *Affirmation:*

*I set personal boundaries and designate a space for private rejuvenation.*



# *Affirmation Number 5*

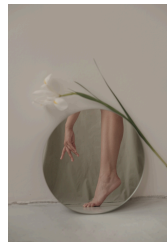
## Introduction:

This affirmation is intended to encourage self-kindness. There is already so much that is out of our control - other's emotional response, behavioral challenges, and physical incapacities to name a few. On top of those daily challenges, there is interaction with the medical field and insurance arena – mind bogging for anyone!

This affirmation is a way of showing grace to yourself. It is quite normal to feel overwhelmed, to experience times of heaviness, to have ambiguous grief. Maybe you experience anger, resentment, or frustration. Know that these, too, are normal feelings. Rather than expecting an unattainable sense of perfection from yourself, just acknowledge these experiences and feelings and know that you can simply recognize them and move on.

## *Affirmation:*

*My goal is to be better today than I used to be.*





# *Affirmation Number 6*

## Introduction:

Of all the challenges caregivers face, loving yourself is the hardest. We often lose our sense of self while caregiving. And worse, we frequently bear guilt for the challenging behavior of our loved one. Acknowledge that you are a unique, valuable individual. Talk to yourself with loving words and actions. Give yourself some space. Give yourself forgiveness. Give yourself compassion. Love on yourself.

“Self-compassion is simply giving the same kindness to ourselves that we would give to others.” — Christopher Germer, Author

## *Affirmation:*

*I am worthy of loving myself*



# *Affirmation Number 7*

## Introduction:

Amongst all the scurrying around caring for your loved one, the healthiest action we can take is to care for ourselves. Set aside the erroneous guilt and misconceived lack of time. Self-care is the antidote for stress. It builds resilience making us a better individual and hence, a better caregiver.

“Be there for others, but never leave yourself behind.” ~Dodinsky



## *Affirmation:*

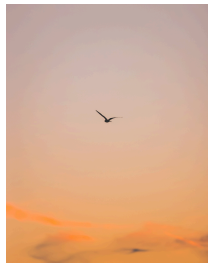
*Taking care of myself is my right, is energizing, and makes me more giving to others.*

# *Affirmation Number 8*

## Introduction:

Everyday we experience a myriad of thoughts, the majority of which are negative. We get into a Murphy's law syndrome – "If anything can go wrong, it will." There is great truth in what we think about comes to pass. So why not rephrase our thoughts into positive, life affirming statements. With so much outside our control as caregivers, your thoughts are the one area in which you do have control.

"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't." - Steve Maraboli



## *Affirmation:*

*I take control of my thoughts knowing that what I think about expands into my life.*

## *Contact*

# *Caregiver2Caregiver*



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Caregiving for loved ones is a rewarding honor. I have spent years in this capacity caring for aging parents and loved ones.

As rewarding as caregiving is, it is also challenging, frustrating, and exhausting. I became fatigued and exhausted from juggling multiple responsibilities.

But there was an awakening that self-care is of essence - an inward journey of changing my thoughts and self-talk that manifests outwardly. And that is my desire for you. Engage with me to “nourish your soul”.



*Author - Speaker - Self-Care Expert*

Interested in more content? Reach me by email at [caregiver2caregiver59@gmail.com](mailto:caregiver2caregiver59@gmail.com).