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# SELF CARE FOR THE CAREGIVER

AWARENESS: WHAT IS HAPPENING? WHY IS IT HAPPENING?

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ALLOWING: WHAT AM I FEELING?

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ACTION: HOW DOES THIS FEELING MAKE ME WANT TO REACT? HOW DO I WANT TO REACT?

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If you would like to get a pdf with my prompts to guide yourself through an emotion to allow it, please scan the code and the questions will be emailed to you right away!

