

A top-down view of a white ceramic mug with a handle on the right side, resting on a dark brown wooden surface. The mug is empty and has a subtle shadow on the surface below it. The text is centered over the mug.

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.

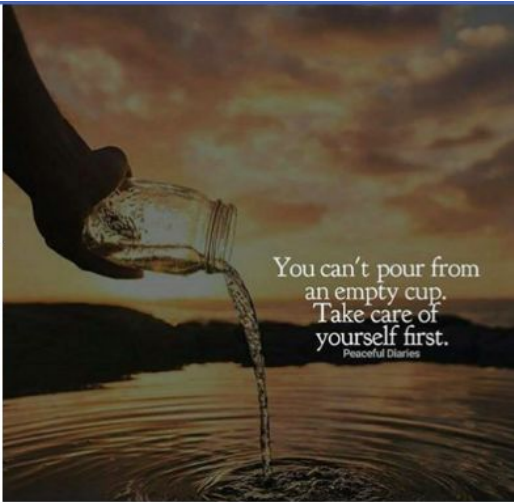
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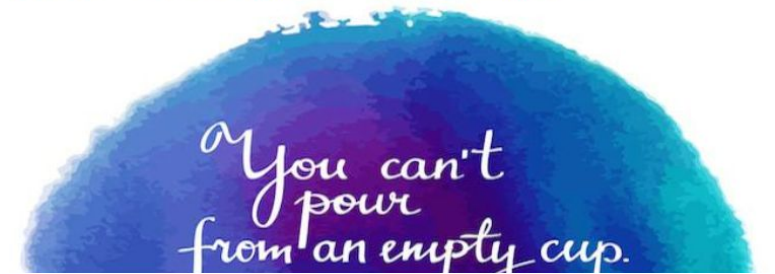
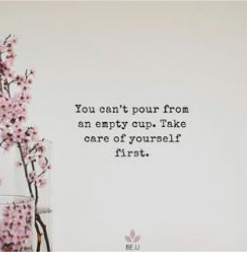
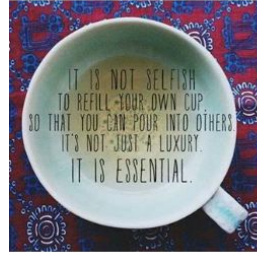
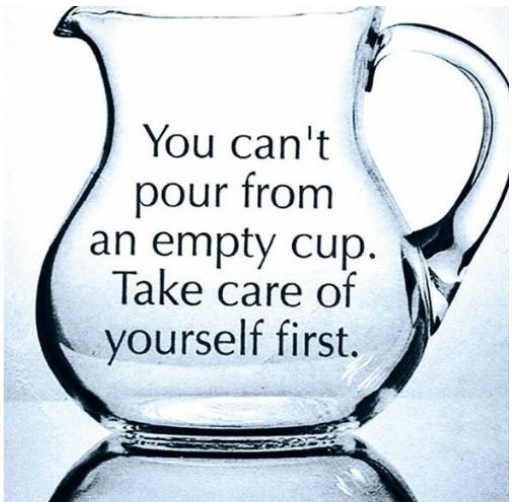
Translations and more definitions



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.



Your dreams a priority.
Your mental health a priority.
Your happiness a priority.
Yourself a priority.



A pink sticky note with a white border is placed on a grey notebook with a palm tree pattern. A black pencil is positioned at the bottom left of the notebook. The text on the note is in bold, black, uppercase letters.

**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

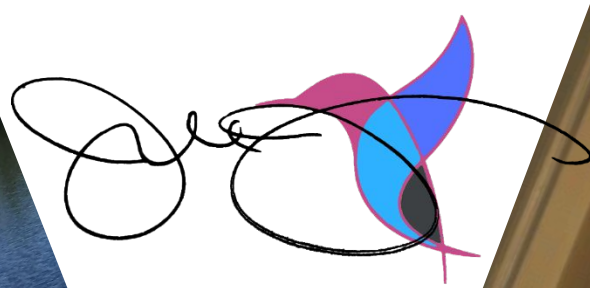
Founder of Mindfulness-Based Stress Reduction (MBSR)

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









Download Insight Timer App

Listen to:

Yoga Nidra for Sleep & Rest by The StillPoint

THE STILLPOINT

Yoga Nidra for Sleep & Rest

★★★★★

29 min 821k plays Guided

A person is shown in a meditative pose on a beach at sunset. The sun is low on the horizon, creating a warm, golden glow. The person is silhouetted against the bright light. A large white play button is overlaid on the image.

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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