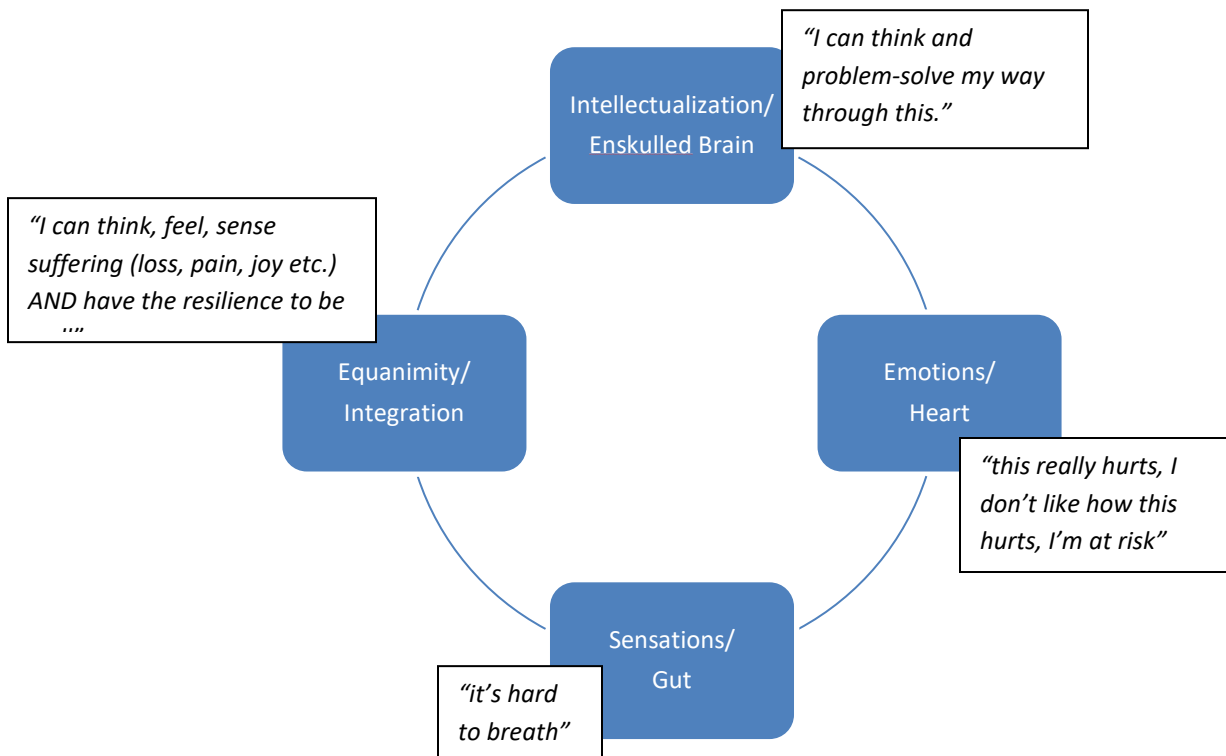


## Mindfulness for Caregivers

Adapted from the work of Dr. Bernice Harper (Harper, 1994, 1997); and Dr. Daniel Siegel (2007, 2010, 2012, 2017) this model describes possible places in the mind/body for individual responses to illness, dying and death. Learning to notice where we are experiencing from, allows us the opportunity to connect with how we feel, respond differently if wanted, integrate our centres of knowing, and heal ourselves.



Key points of starting a mindfulness practice:

- Start small by noticing and feeling what you are doing (3 mins, 5x/day, washing your hands, entering a room, brushing your teeth, getting in or out of your car)
- Don't judge yourself. It's a process going from autopilot to noticing, and it takes time to create new habits.
- Beginner's Mind: Be curious about the practice, try new things, and learn to lean in to discomfort.
- Practice Gratitude: Think about what you are grateful for each morning, start a gratitude journal.
- Let go of expectations: It might not be what you imagined, that's ok! It is what it is! Try to be ok with things just being what and as they are. A lot of our disappointment/frustration comes from the disconnection of our reality and expectations.
- Creating space to change our perception and our reaction: This will happen slowly over time. We need to practice and become more aware to see differences.