

QUICK TIPS

Caregiving Boundary Cues

Signaling calm and safety to your nervous system requires a clear message that your caregiving 'shift' is over. It is one of the most powerful ways to prevent ongoing stress from becoming burnout.

Here are small daily cues that can help mark the end of caregiving role for the moment:

- Take 3-5 deep breaths.
- Wash your hands slowly and intentionally, imagining the day washing off.
- Change clothes to physically signal a shift in roles.
- Light a candle as a marker that the caregiving day is complete.
- Step outdoors for one full minute and take slow breaths while looking up to the sky.
- Play one familiar song that signals “my ME TIME begins now.”
- Make a warm drink and sit down while you drink it - no multitasking.

Contact us at Info@DementiaSolutions.ca should you want to discuss personalized ideas to help with caregiver burnout.