

Caring for Caregivers

When we put others first, we can forget to look after ourselves. The way to be a resilient caregiver is with **self-compassion**.



We naturally show compassion for others

Think about a time when a friend of yours was struggling. How did you respond in that situation?

Now, think about a time when YOU were struggling. How did you respond in that situation... to yourself? There was likely a difference.



We tend to be much more compassionate with our friends while being tougher on ourselves.



The issue is that we tend to listen to the critic that is talking to us in our heads

It says things like...

“You’ll never be able to do this.”

“You always mess this up.”



With self-compassion, we replace harsh mental judgments with the kind of thoughts a friend would comfort us with

So, you think things like...

“I see you’re doing your best.”

“The people you care for are in good hands with you.”

“You’re actually a strong person for dealing with this for so long.”



Practice the Three Parts of Self-Compassion

If you change the tone of your inner voice or journal regularly, self-compassion will make you more resilient.



1. Self-Kindness

Say or write kind, understanding words of comfort to yourself: *"It's okay. You made a mistake. But it wasn't the end of the world."*



2. Common Humanity

Say or write how the things you're going through are connected to the larger human experience: *"Everyone makes mistakes. It's how we learn."*



3. Mindfulness

Say or write about how you feel (embarrassed, sad, ashamed, or frightened) in a nonjudgmental way: *"I got angry, overreacted, and was embarrassed afterwards."*

"If you have already been prescribed a Horizon Therapeutics medication and want more information on how to practice self-compassion as a caregiver, contact your Patient Access Liaison or Clinical Nurse Educator at 1-844-4MY-HBYS (1-844-469-4297)."