

Personal Care For Caregivers

After the Interview

As a caregiver, your time at Sophie's Place can be a courageous experience for you and your family, but it can also be emotionally exhausting. After the interview, you may experience a variety of effects or emotions, but it's important to learn how to take care of yourself so you can better support your child(ren) and family. After the interview process, it is common to feel:

- Physically tired
- Emotionally drained
- Like you need to lay down or be alone
- Like you can't take anything else on
- Heavy
- Irritable

Taking care of yourself and being able to support your family is an important part of the healing journey. When we are better equipped to manage our own emotions, we can provide our child(ren) with the love and guidance that they require. You can't pour from an empty cup. You don't keep driving with the gas light on. You charge your phone every night. Self-care is not selfish, it is critical.

Below are a few ways you can incorporate self care practices into your schedule, not only after your interview, but as part of your daily routine.

Leave breathing room in your schedule: If possible, try leaving some room after the interview at Sophie's Place to decompress.

Engage in activities you enjoy: This might be listening to some music, taking a walk back to work, or even chatting with a friend post-interview.

Take care of yourself: Try grabbing a treat, visiting your favourite store, or buying a speciality drink at the coffee shop.

Write down your thoughts: Ground yourself to the present moment by writing down the thoughts occupying your mind.

Move, move, move: This might look like going for a walk, doing some yoga, or even hitting the gym.

Deep breathing: This is always a great way to ground yourself and find calm.