

Dear Caregiver,

I hope this helps you & creates some awareness of where you are at & **Easy Solutions** to get you where you want to be.



All My Best,

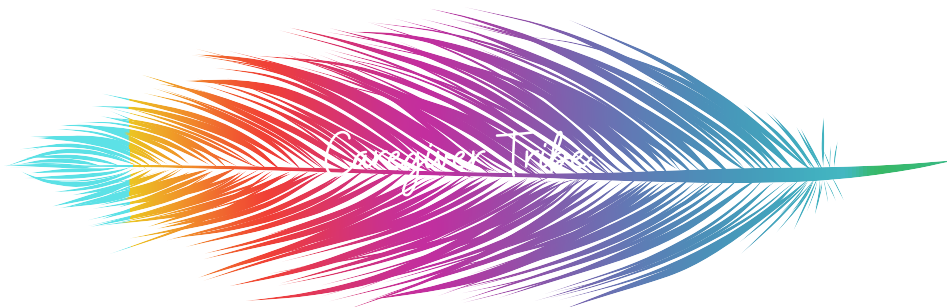
Bethany Rackliff

*Creator of the Caregiver Tribe:
Recognizing, Honoring & Nurturing
Caregivers back to Center.*

Keep in Touch:

Caregiver Tribe Community.

Caregiver Tribe Inner circle for Caregivers



Do you have Caregiver Burnout?

CHECK ALL THAT APPLY TO YOU.

- Feeling Anxious, Depressed or Irritable
- Over reacting to minor things, becoming angry
- New or worsening health problems
- Tired all the time or exhausted
- Changes in sleep
- Changes in eating habits
- Frequent headaches or other discomforts

WHAT IS YOUR SCORE?

1 OR 2 = CRISPY CAREGIVER

3 OR 4 = POSSIBLY HEADED TO BURNOUT

5+ = PROBABLY FEELING BURNT OUT

Easy Solutions



Implement 2 of the below at a time. Only add the next 2 once you have created a Consistent Routine with the first 2.

- Take an Inventory:**
Identify where stress arises or what causes it in your day. Plan some ways to tweak the routine or conversations so that Stress can be eliminated.
- Deep Breathing:** Before you begin Caregiving, in the middle and at the end of your Caregiving day.
- Exercise:** Yoga, walk, weights, swim, group classes
- Avoid negative thoughts.** Instead, speak to yourself Positively.
- Gratitude List.** Write down or say aloud 5 things you are Grateful for....everyday!
- Interrupt the Stress:**
Schedule a monthly massage, practice daily meditation, use aromatherapy daily.

Needing More Calm in your Day?




Okay, Right now your biggest caregiver struggle is the **mental, emotional and physical stress you are feeling.**

Now imagine within days you could feel:
organized, calm, centered, focused
& because of this also have **improved patience.**

How would that make you feel?



I know it's something **you are craving** because I have been there right along with you!! 

I want to help you navigate all of this.

That why I created a course just for you. From defining clear boundaries to simple stress relieving practices in

less than 1 week!

Learn More about how the Course & how it can help you:



Calm + Centered Caregiver Course

