

# Self-Care: Video Script

## Self-Care: Using mindfulness to prevent burnout [6 mins]

- Hello. If you are watching this video you are likely caring for someone. The role of a caregiver can be rich and rewarding, and it can be really challenging. You may not have chosen the role, but good for you and well done that you have taken it on.
- This video will introduce you to mindfulness, though some of you may already be familiar with mindfulness practice.
- Mindfulness can support you to both take care of yourself and provide better care.
- What is *Mindfulness*? A useful definition is: *paying attention to the present moment, on purpose without judgment.*
- *Paying attention to the present moment, on purpose without judgment.* Let's break that down... paying attention to the present moment basically means being aware of what is happening right here, right now.
- It is common and natural to think about the past. *Why did I say that, I could have done that differently, or, what time did she say she would be back?*
- It is also common and natural to think about the future. *What will I have for lunch, will I have enough money to cover next week's expenses, or what will I watch on TV tonight?*
- All good important stuff, but it is not paying attention to the present moment.
- "*On purpose*" means noticing when you become distracted from the present moment or from a present moment activity. And, once noticing, returning to the present moment.
- Many of us can get swept away with thoughts of the past or future and this can cause uneasiness. This is very common.
- "*Without judgment*" means once noticing you are distracted, returning to the present moment without making it into a big deal or being hard on yourself.

- Distraction is very natural and common. In fact, it is probably impossible to not become distracted by thoughts of the past or future. So, we don't worry about it, we just keep coming back to the present moment or to the activity in front of us. Again and again. This is really what we mean by mindfulness: the ability to keep coming back to the focus of our attention without judgment.
- As a caregiver, being mindful helps reduce mistakes, and helps the person we are caring for feel like they matter and experience deep human connection. And, a calm mind is a healthier mind, and supports better decision making.
- Mindfulness helps build resilience, the ability to bounce back from challenging circumstances. More resilience leads to better wellbeing.
- You probably already practice mindfulness and just don't know it. Think about when you are participating in an activity and you are 100% all in. Like reading a really good book, or watching an exciting sporting event, or having an important conversation. In these examples, you are in the present moment, you are "in the zone."
- Mindfulness practice, like meditation, is a relaxing activity, but not all relaxing activities are the same as mindfulness.
- Watching a sporting event may get you very excited and focused on the final score. Or hanging out with friends may be relaxing but you may be focused on a lot of things other than the present moment.
- How do you know if you are experiencing mindfulness? Well, do you feel fully present and aware of what is happening right now? Do you notice your breath? Do you feel like you can concentrate at this moment? If you can answer yes to these questions, I think it is safe to say you are experiencing mindfulness.
- The more you practice mindfulness, the more you can tell if you are being mindful. And others around you will notice you are calmer or more present in conversation.
- Mindfulness doesn't need to take a long time. As a caregiver your life is busy so you can try out these quick & easy mindfulness activities throughout your day, they shouldn't take more than one minute each.
- Set a reminder for a few times a day when you can stop and mindfully take three breaths, noticing how they feel in your body.
- Each time you walk into a certain room, pause at the doorway and take a mindful breath.

- Take a minute in the day to close your eyes and listen to everything around you - the sounds, the silence, the hums and the layers of noise.
- When having a drink of water, or your cup of coffee, can you focus on the experience and how it tastes, how it smells, how the liquid feels in your mouth and how the cup feels in your hand?
- When standing, bring your attention to your feet and explore the sensation of your feet on the floor.
- So, try mindfulness for yourself. Take breaks where you just pause to follow a few breaths, or to listen to the sounds around you, or feel your feet on the floor. It is a practice to keep coming back to the present moment, again and again. See what you notice.