A RESOURCE FROM NACG MEMBERS

NACG
NATIONAL ALLIANCE FOR CHILDREN'S GRIEF

GRANDPARENTS SELF-CARE

Part of Grandparents Raising Grandchildren Toolkit

Balancing Your New Roles

As you transition to the role of raising grandchildren, know you are not alone. This is a time of many changes, which may bring some uncertainty, but also positive changes.

Allow yourself to grieve your losses:

- The person who died
- The role of "just a grandparent"
- Empty nest
- Friends who don't want to be around kids
- Travel
- Freedom/Independence
- Financial independence
- Changes in your retirement plan

Acknowledge and allow space and time for yourself. It is important to take care of yourself and have a plan of how to do so.

Self-Care Action Plan

1. Think about your values. What is important to you in your life?
2. Identify signs you might be experiencing exhaustion.
3. Identify the things you currently need for your wellbeing?
4. Identify the self-care activities you are currently doing.
5. Reflect on your answers to #1-4 and identify additional self-care activities you could benefit from.
6. Set some simple goals for your self-care and create your self-care action plan.

Types of Self-Care and Examples

Emotional	Mental	Physical	Social	Spiritual
Attend a therapy session	Read	Taking a prescribed medication	Coffee or lunch with a friend	Meditation
Aromatherapy	Take some quiet time	Going for a walk	Have a date night	Mindfulness sessions
Journaling	Enjoy nature	Get enough sleep or take a nap	Find a support group	Attend a faith-based service
Receive or give a hug	Have a good laugh	Eating healthy	Cuddle with a furry friend	Listen to or play music
Practice daily gratitude	Sing or dance	Have a good cry	Connect with family through tradition	Positive affirmations

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My Self-Care Action Plan

My self-care goal(s):

Warning signs I need extra self-care:

Mental self-care...

Emotional self-care...

Physical self-care...

Social self-care...

Spiritual self-care...

Reminder:
I must make time for myself if I want to make time for others.

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This document is part of NACG Grandparents Raising Grandchildren Toolkit.
The NACG has a range of free resources available on our website to support professionals and caregivers. You can access them at www.nacg.org/resources.

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