

# Pause and Reflect: Widening the Circle of Support

- **Set-up:** Minimize distractions, turn off your cell phone; tell others you would like a few minutes to yourself.
- **Materials needed:** A journal or paper and writing utensil
- **Time:** 5 minutes
- **Purpose:** To explore what supports you and what gets in the way of asking for support.



# Step 1

- Sit comfortably, pausing
- Close your eyes
- Settle into your body



## Step 2

- Feel your feet, your seat, and your hands.
- Pay attention to the breath.
- Breathe deeply and release any unnecessary tension that is willing to be let go.



# Step 3

- Allow space for whatever arises in this exercise, meeting yourself with kindness as best you can.



# Step 4

- Reflect
  - What do you need as a caregiver to help you feel supported, healthy and whole?



# Step 5

- Who is in your support network?
- Are there people you turn to for different kinds of support?
  - e.g., practical support (to help with childcare, meals or chores), emotional, financial, social



# Step 8

- What comes up when you think about asking for help?
  - What gets in the way of asking for support?
  - What makes it easier for you to reach out?

