

# Standing Up for Myself as a Caregiver

What does “standing up for myself”  
mean to you?



# **Real experiences**

## **Difficult everyday situations**

**Overload**

**Boundary crossing**

**Conflicting expectations**

## Questions for reflection:

When was it difficult for you to say no?

Have you ever felt that no one listened to you?

When were you able to stand up for yourself?

## Reflect on a difficult situation

What happened?

How did you feel?

What was difficult?

What did you need?



**Our reactions often follow repeated patterns!**

# KEY CONCEPTS

**Self-advocacy:** means that an individual is able to recognize and consciously represent their own needs, rights, and boundaries in decision-making situations.

**Autonomy:** The ability and right of an individual to act according to their own values and decisions, free from external pressure or excessive control.

**Boundaries:** The ability to clearly define one's roles, responsibilities, and limits, and to communicate these to others.

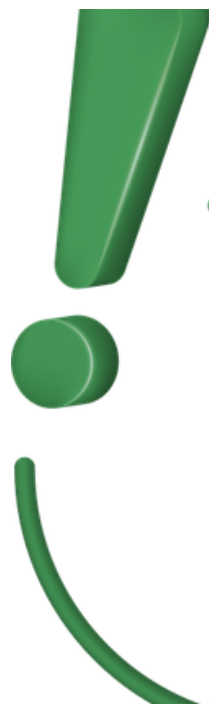
**Self-efficacy:** An individual's belief in their ability to successfully carry out tasks or cope with challenging situations.

## Closing reflection

What do I need to take better care of myself?

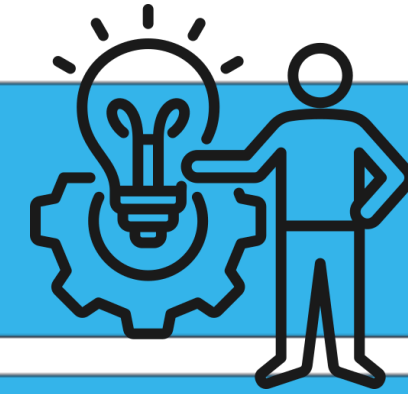
What would I like to change?

What is one small step I can try next time?



**Self-advocacy is not selfishness – it is self-protection.**

# Practising boundaries



Situation:

Someone asks you to do more when you feel overloaded.

What would you usually say?

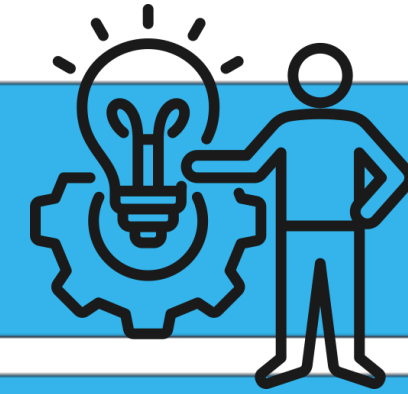
What could you say while respecting yourself?

“I do not have the capacity for this right now.”

“I need support.”

“I need to be honest about my limits.”

# Practising boundaries



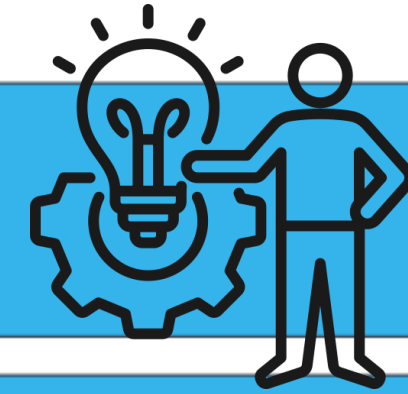
My strengths

What are my strengths as a caregiver?

When did I stand up for myself successfully?

What helped me then?

# Practising boundaries



My next small step

One thing I want to try differently next week

When will I try it?

Who can support me?

