

A close-up photograph of two hands, one older and one younger, gently cupping a bright red heart. The older hand is at the top, with visible wrinkles and veins, while the younger hand is at the bottom, with smoother skin. The heart is a vibrant red and is the central focus of the image. The background is a soft, warm orange-brown gradient.

# Conquering the Emotions of Fulltime Caregiving

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# Welcome!

I'M SO GLAD YOU STOPPED SCROLLING!! You don't know who's life you are living.

You are overwhelmed with tasks and appointments and feel like pieces of you are getting torn off every day going this way and that. You really don't know if and when this roller coaster called life is going to slow down and God forbid it ever just stops!

Does this resonate with you? I get it!! I was a caregiver for 30 years and never felt like I was living my own life. Between an alcoholic husband, ailing parents, and my special needs son, I never felt joy or peace with my life or myself.

Through my struggles, I learned that all the feelings that I had were warranted, I just needed to be aware of them and learn how to handle them to reduce the chaos I was feeling in my head and heart.

I am sharing these 5 feelings that caregivers experience and giving tips on how you too can overcome chaos in a few small steps everyday to find your joy and peace.

Love,  
Patty



# Guilt

*EVERY TIME YOU ARE ABOUT TO DO SOMETHING, YOU MAY THINK “I SHOULD”, “I COULD HAVE”, OR “I WISH I WOULD HAVE KNOWN”.*

## What it looks like:

- You are always thinking about the past and not appreciating the current state.
- You are overwhelmed by making the wrong decision regarding your loved one.
- You feel you have no one to trust to talk to about your feelings.
- You have low self esteem and are exhausted all the time.
- You are sensitive about your loved ones issues and lash out when probed with questions.

This leaves you feeling so full of emotions that you are grounded in fear. Whether the feelings of guilt you are having are real or

perceived, excessive guilt can lead to anxious obsessions, depressive tendencies and physical symptoms.

Changing your thoughts can indeed change your emotions.

## How to Combat Guilt:

Switching thoughts to acknowledging the positive things that are happening in your life can release the feelings of guilt.

Changing your mindset to “I get to” increases self-confidence. Focusing on the “I get to” gets the negative thinking out of your head.



# Anxiety and Depression

*YOUR MIND IS REELING WITH THOUGHTS.*

## What it looks like:

Your thoughts shift constantly making it hard to focus.

Your thoughts are keeping you up at night.

You are self soothing with food, alcohol, or other illegal substances.

You are avoiding important tasks, and filling your time with endless scrolling on social media.

You are tired and unmotivated to do anything.

Having these feelings can feel like your new normal. However, they are not normal at all.

Reaching out to your doctor can help you by acknowledging whether or not depression medication is needed. Even with medication, there are several non-prescription remedies that can help:

- Sleep — sleep when your body needs to rest
- Meditation — even 5 minutes can do a lot
- Stay active — get outside and get some fresh air
- Eat healthy — make sure you have variety in your diet and remember to drink water
- Avoid alcohol, caffeine, and cigarettes. Using these to cope can lead to dependency and addiction.

## How to Combat Anxiety and Depression:

Setting boundaries and recognizing your limitations is beneficial. Saying no to something that is not conducive of what you want and need, is ultimately saying yes to that which makes you happy.

Lowering expectations of yourself and others takes the pressure off and opens up the opportunity for you and for them to grow.

Releasing the little stuff opens up the space to make better decisions and realize options your anxious mind could not rest to see.





# Loneliness

*“The most terrible poverty is loneliness,  
and the feeling of being unloved.”*

*— Mother Teresa*

## What it looks like:

You convince yourself you are too busy to have friends and keep in contact with others.

You ignore or send calls to voicemail because there is so much to get done.

You believe your needs are not important; after all, you are the healthy one.

You believe if you don't do it, nobody will.

Loneliness and feelings of loneliness can increase the cortisol hormone (the stress hormone) levels in the body and actually weaken the dopamine hormone (the hormone that makes people enjoy things). Loneliness can have the same impact on mortality as smoking 15 cigarettes a day, making it more dangerous than obesity.

The loneliness caregivers often feel is a perceived loneliness. Although there are people around, the caregiver will put themselves in a place of mental isolation.

Once in this mental isolation, caregivers are likely to have high blood pressure, increase feelings of anxiety and depression, and increased inflammatory response leading to headaches and migraines.



## How to Combat Loneliness:

- Give yourself time to be sad. It is ok to feel the way you feel.
- Get out of your own head. Talk to those around you.
- Reach out friends and family.
- Share how you are feeling with others.
- Be present in all that you do.
- Journal or write.
- Start doing things you are interested in.
- If you don't know what you're interested in, try new things until you find something you like.

# Anger and Resentment

*“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.” — Mark Twain*

## What it looks like:

You feel like you need to defend yourself all the time.

Your temper is short and you snap at those around you.

You are passive-aggressive in your communication, never letting anyone really know how you feel.

You feel like people are taking advantage of you.

You feel that everyone around you is incompetent and irresponsible.

Anger and resentment are often triggered by unrealistic expectations of yourself and of those around you.

Anger is a normal and natural emotion and it is healthy to have this appropriate emotional reaction.

But when you spend most or all of your time thinking about it, it becomes a form of mental, emotional, and spiritual bondage.

Because of this bondage, you ultimately miss out on relationships and life.

## How to Combat Anger and Resentment:

- Start thinking loving thoughts about the person you resent
- Check your motives and expectations
- Be grateful. Start a gratitude list
- Be open to different outcomes. People around you cannot be responsible to make you happy. Happiness is an inside job. If something doesn't exactly turn out the way you expected, appreciate the outcome for what it is. This will allow you to have peace.







# Judgment

*"The greatest sin is judgment without knowledge." — Kelsey Grammer*

## What it looks like:

You feel like everyone is watching you while you check in at the doctor's office.

You are comparing your child's milestones with those of similar diagnosis on social media.

You are comparing your parenting with friends and strangers on social media.

You avoid making plans with friends and family in fear of impending questions.

The fear of judgment can lead to isolation, anger, resentment, anxiety and depression.

## How to Combat Judgment:

- Breathe! Practice the mantra "I am the right parent for my child".
- Don't respond to outside judgment. They don't need to know your story or reasons why you are doing the things you do with your child.
- Surround yourself with those who "get it".
- Track your wins! Recognizing how far you and your child have come can increase your confidence. There are so many things happening that without recording the good times, the discouraging times will lead back to a dark place.
- You are the expert on your child. Unless the person or persons are walking in your shoes 24/7, they don't know the whole story and don't have the right to judge you at all.





# Thank You!

My hope is that this information helps you to become aware of your feelings, share them with those around you, and advocate for what it is you need at that moment to keep the joy and peace in your heart and mind.

As a full-time caregiver, I have experienced how every day is so different than the day before, and the strategies that worked one time may not work the next time. It is overwhelming to have so much going on that we can't quite pinpoint that feelings that we are having at that exact moment.

Come hang out in my group and tell us what breakthroughs or realizations you have. If you're ready to take a step forward, book a call with me here.



[Book a Call](#)

Love,

Patty Cutshall-Bailey, The Chaos Crusher

