

# Care for the Caregiver

## A Somatic Wellness Workshop

**Supporting the people who spend so much time supporting everyone else.**

Caring for others can be meaningful and rewarding, but it can also be physically, emotionally, and mentally demanding. Whether you care for family members, clients, patients, students, coworkers, or your community, it is easy to become so focused on others that your own needs move to the bottom of the list.

Over time, chronic caregiving can contribute to stress, fatigue, irritability, overwhelm, and nervous system overload.

This workshop offers education, reflection, and practical tools to help caregivers better understand the impact of chronic stress and learn simple ways to support their own well-being while continuing to care for others.

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## In This Workshop You'll Explore

### The Caregiver's Nervous System

Learn how chronic responsibility, caregiving, and constant demands can affect the nervous system over time.

### Recognizing Signs of Overload

Explore common signs that your body and nervous system may be running on empty, including fatigue, irritability, overwhelm, difficulty relaxing, and feeling constantly "on."

### Stress & Self-Awareness

Develop greater awareness of your own stress patterns and learn to recognize early warning signs before burnout occurs.

### Somatic Practices

Experience gentle body-based exercises designed to help release tension, reconnect with your body, and create moments of restoration.

### Practical Nervous System Support

Learn simple tools that can be incorporated into daily life to support regulation, recovery, and resilience.

## **Self-Compassion & Sustainable Caregiving**

Explore ways to care for yourself with the same compassion and attention you offer to others.

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### **This Workshop Is Helpful For Anyone Who:**

- Cares for family members, aging parents, children, clients, patients, students, or others
  - Feels exhausted, overwhelmed, or stretched too thin
  - Has difficulty making time for their own needs
  - Feels responsible for everyone else
  - Struggles to rest, relax, or recharge
  - Wants practical tools to support their own well-being
  - Is seeking a more sustainable approach to caregiving
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### **You'll Leave With:**

- A deeper understanding of caregiver stress and nervous system overload
  - Greater awareness of your personal stress signals
  - Practical tools to support yourself throughout the day
  - Gentle somatic practices to reduce tension and increase awareness
  - Strategies for creating more balance and sustainability
  - Permission to recognize that your well-being matters too
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### **A Gentle Reminder**

Caring for yourself is not selfish.

It is one of the ways you sustain your ability to care for others.

You do not have to earn rest.

You do not have to wait until you are exhausted.

Small moments of support, practiced consistently, can make a meaningful difference over time.

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## **Important Note**

This workshop is educational in nature and is not intended to provide therapy or mental health treatment. Participants will be invited to explore gentle somatic practices, reflection, guided imagery, and discussion in a supportive learning environment.

For information about workshop participation, class format, and preparing for class, please see the **What to Expect** page.

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For educational purposes only. This material is not intended to diagnose, treat, cure, or replace medical, psychological, or mental health care. Please consult an appropriate healthcare professional for individualized support.