



*iyay, feelings!*

# Literary therapy:

caregiving, shame,  
self-love, and recovery

a four-part writing series exploring wellness and  
centering joy during this raggedy moment in history

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hosted by writer + wellness  
program coordinator  
**Alexander Hardy**

## **Literary Therapy Exploration Workbook**

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Session 1 of 4

**#1:**

**caregiving,  
creative outlets,  
joy action plans**

Sunday, Dec. 12, 2021

[getsomejoy.com](https://getsomejoy.com)



# Session 1: Caregiving, Creative Outlets, Joy Action Plans

How can we find joy and balance in caring for ourselves and others?

## Part 1: A moment for mindfulness

**What is something you learned or accepted about yourself this week?**

This week, I \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**List affirmations for today or this week:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What would you like to create or gain during this Literary Therapy section?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Session 1: Caregiving, Creative Outlets, Joy Action Plans

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## Mindfulness and Grounding



### Activity 1: The best thing

What is the best thing you did last week? How did/does this achievement make you feel? Nothing is too small.

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### Activity 2: Anchors + Motivators

What keeps you going or reminds you of your power or purpose in dark or stressful times? Make a list of 3 to 5 personal goals, people, communities, or mantras that give you motivation to keep going when you need a boost or reminder.

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## VISUALIZATION: A time when you felt cared for

Think of a situation or time when you felt or feel safe, considered, and/or taken care of. Who or what made you feel this way? How did/does it feel to be cared for like this?

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## Part 1: Grounding and reflection

### **Pour into yourself:**

Write three affirmations you can use to remind yourself to embrace joy, rest, support, or fun while managing community responsibilities.

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**Doodle or draw any images that come to mind when you think about giving or receiving care.**



# Session 1: Caregiving, Creative Outlets, Joy Action Plans

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## Part 2: Giving + receiving care

### What does caregiving mean to you?

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A caregiver is defined as a "person who attends to the needs of a dependent child or adult." Caregivers manage the physical, emotional, spiritual, and practical needs of another person, all while managing their own life, needs, family, and career.

### Caregiving terms + distinctions

**Informal (family) Caregiver:** any relative, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of assistance for, an older person or an adult with a chronic or disabling condition.

**Care Recipient:** an adult with a chronic illness or disabling condition or an older person who needs ongoing assistance with everyday tasks to function on a daily basis.

**Activities of Daily Living (ADLs):** everyday tasks related to personal care usually performed for oneself in the course of a normal day, including bathing, dressing, grooming, eating, walking, taking medications, and other personal care activities.

#### Types of Caregivers

- Primary caregiver
- Secondary caregiver
- Long distance caregiver

#### Types of Caregiving

- Instrumental
- Emotional
- Informational



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## Part 2: Giving + receiving care

### What are some ways you give and receive care?

Consider your personal, family, social, and professional relationships.



In your personal and family life

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In your social and community life

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In your career and professional life

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# Session 1: Caregiving, Creative Outlets, Joy Action Plans

How can we find joy and balance in caring for ourselves and others?

## Part 3: Joy Action Plans

**What do YOU need?**

**What is something you need to do this week?**

**Are there any barriers or considerations around doing this?**

**Is there a timeframe attached to this?**

**What becomes possible once you complete this?**

**Who can you share these intentions with for support/accountability?**



# Session 1: Caregiving, Creative Outlets, Joy Action Plans

How can we find joy and balance in caring for ourselves and others?

## Part 3: Joy Action Plans

**What do YOU want?**

**What is something you want to do this week?**

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**Are there any barriers or considerations around doing this?**

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**Is there a timeframe attached to this?**

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**What becomes possible once you complete this?**

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**Who can you share these intentions with for support/accountability?**

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caregiving, shame,  
self-love, and recovery

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a four-part workshop series exploring  
wellness through introspective writing

**write your way to clarity.**

**Dec 12 - Caregiving, Creative Outlets + Joy Action Plans**

Dec 19 - Guilt, Shame, and Grace

Jan 9 - Accountability, Supportive Rituals, and Self-Sabotage

Jan 16 - Recovery, Self-Loathing, and Self-Love

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