



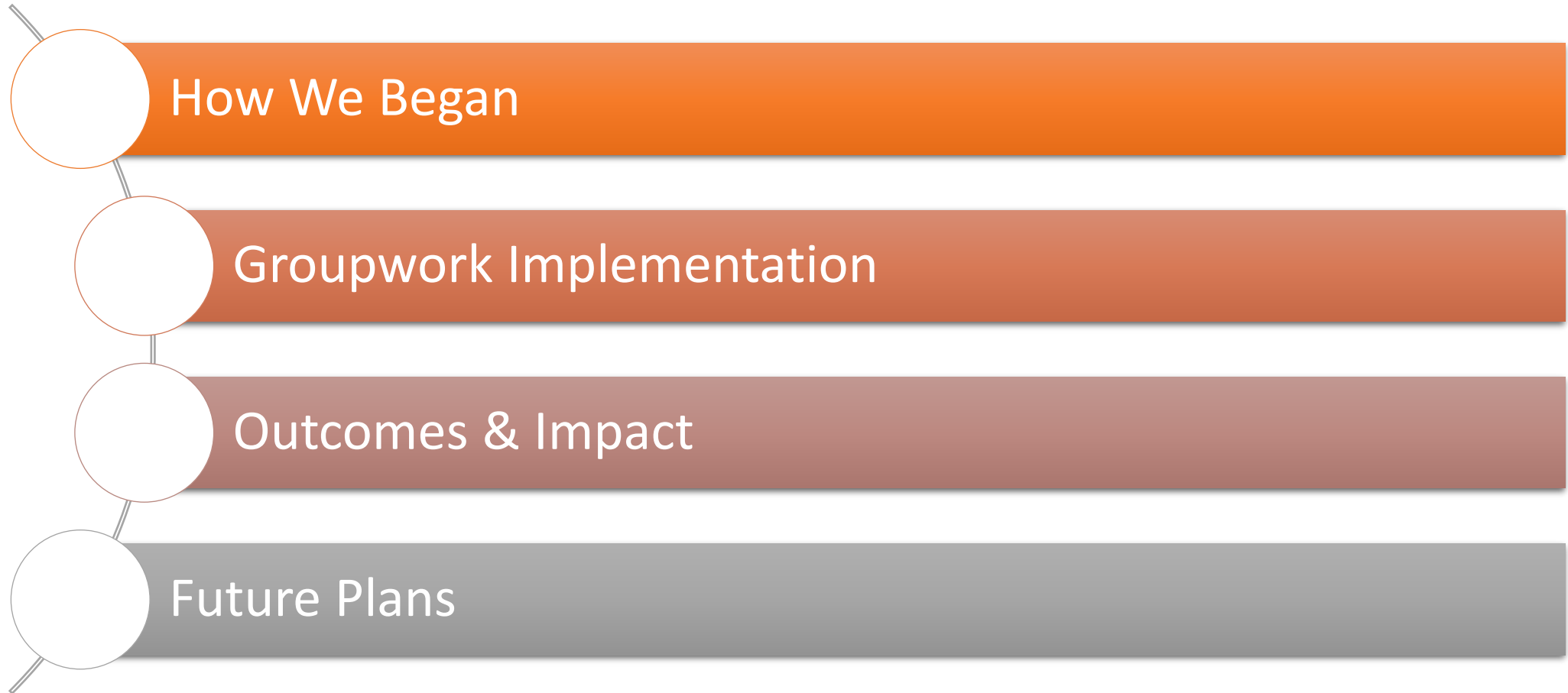
# Mindful Me! Caregivers Groupwork: Maximising Wellness & Community Participation

**Presented by:**  
AWWA Family Service Centre (FSC)  
Caregivers' Groupwork Team

7 June 2024



# AGENDA



# PROBLEM STATEMENT

## **Problem Statement:**

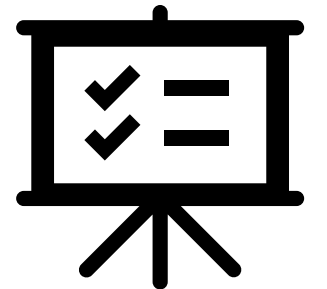
- Clients (i.e. parents and caregivers) experienced caregiving stress, burnout and limited support.
- They dedicate most of their time to care recipients and often tend to forget their own needs and withdraw from community participation.



# GROUPWORK OBJECTIVES

## Objectives:

- To integrate physical and emotional care practices into caregivers' daily lives
- To enhance caregivers' psycho-social emotional well-being and quality of life
- To promote mutual support and cohesion among caregivers to increase community participation.



# DESIRED OUTCOMES OF GROUPWORK



## Self-actualization

desire to become the most that one can be

Develop Caregivers Ambassador/volunteers

## Esteem

respect, self-esteem, status, recognition, strength, freedom

Differentiate caregivers' role from self and use of expressive arts to explore Inner freedom.

## Love and belonging

friendship, intimacy, family, sense of connection

Increase Caregivers' Social Network and gained recognition and appreciation through bonding activities.

## Safety needs

personal security, employment, resources, health, property

Promote Emotional Wellness through Mindfulness Self-care activities.

## Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

Promote Physical Wellness through Mindfulness Self-care activities.

(Maslow, 1943)



# EVOLUTION OF MINDFUL ME!

Year	2016	2017	2018	2019	2021	2022	2023	2024
Focus	Physical Care		Emotional Care		Self-care Plan			
Language	Mandarin		Mandarin & English	Mandarin	Mandarin & English	Mandarin, English & Malay		
No. of Sessions	8 Sessions	6 Sessions		5 Sessions			4 Sessions	
Mode of Groupwork	Physical				Virtual	Physical		

# PROGRAMME OUTLINE

Session 1:  
Understanding Self-  
Care and Mindful  
Living

Session 2: Mindful  
Physical Care

Session 3: Mindful  
Emotional Care

Session 4:  
My Self-Care Plan

# PHYSICAL & EMOTIONAL CARE ACTIVITIES

## Physical

- Raisin activity
- TCM head & face massage therapy
- TCM body patting and massage techniques
- TCM muscles & joints massage techniques
- 5 senses mindfulness exercise
- Laughing therapy
- Body movement (Dancing)
- Body scan relaxation exercise
- Progressive muscle relaxation
- Yoga stretching exercises

## Emotional

- Breathing exercises
- Identify and manage emotions
- Imagine a peaceful place
- Listen to slow and soft music
- Look at beautiful and lovely things
- Do expressive arts activities
- Take a free and easy long walk / Relaxing Nature walk
- Mindful Bubble Blowing
- Conversations about Gratitude



# MY SELF-CARE PLAN

Developed with groupwork participants via:

- Experiential Sandtray Activity
- Self-Care Worksheet



# MY SELF-CARE PLAN WORKSHEET

AREAS	PRACTICAL EXAMPLE	SELF RATING
How can I care for myself physically?	<ul style="list-style-type: none"> <li>• 3 mins body stretching exercise x ....</li> <li>• 1 min mindful breathing x ....</li> </ul>	Current: ? / 10 Future: ? / 10
How can I care for myself emotionally?	<ul style="list-style-type: none"> <li>• Appreciating myself and other on ....</li> <li>• Making myself and other happy .....</li> </ul>	
What are the possible challenges I might face while applying my self-care plan/activity?	<ul style="list-style-type: none"> <li>• No time</li> <li>• Busy</li> </ul>	
What can I do to manage the challenges that I might face while applying my self-care plan/activity?	<ul style="list-style-type: none"> <li>• Who can do it together with me ....</li> </ul>	

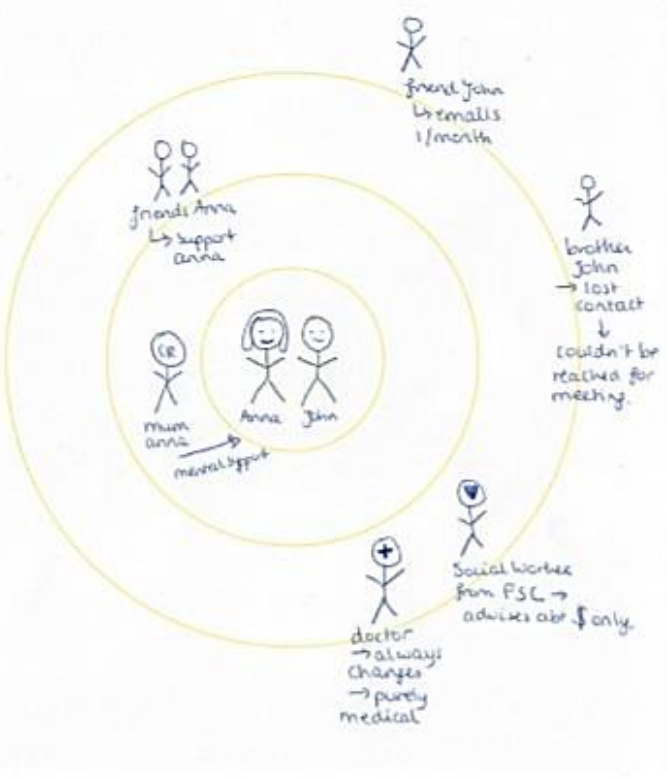
Self-Care plan created in the worksheet to be transformed into clients' daily life

# MY SELF-CARE PLAN WORKSHEET

## Care Circle


**1** Draw the Caregiver and care recipient in the centre. Then think about who else are part of the Care Circle? Think of (nuclear) family, friends & neighbours, social workers, doctors & nurses, religious figures or support groups.


**2** What do they do as caregivers? What is their role and what tasks do they perform?  
 Mum: helps mentally but needs more help herself.  
 John family: no-one alive or reachable




The diagram shows three concentric circles. The innermost circle contains two stick figures labeled 'Anna' and 'John'. The middle circle contains 'Mum Anna' with an arrow pointing to 'mental support' and 'friends Anna' with an arrow pointing to 'support Anna'. The outermost circle contains 'friend John' with an arrow pointing to 'emails 1/month', 'brother John' with an arrow pointing to 'lost contact' and 'couldn't be reached for meeting', 'Social Worker from FSC' with an arrow pointing to 'advises abt \$ only', and 'doctor' with an arrow pointing to 'always changes' and 'purely medical'.

**Drawing suggestions**

  
 Person

  
 Social care

  
 Healthcare

Adapted from We Care Journal

# VALUE-ADDING SUPPORT FOR CAREGIVERS

- Provide **Caregivers Respite via Child-Minding Support** for Caregivers to have their **[ME TIME!]**
- Provide follow up Counselling Support for **Caregiver Stress Management** whenever the need arises.
- **Promote continual sharing of self-care tips** via WhatsApp for Caregivers post-programme
- AWWA Caregiver Empowerment Series (ACES) - **Information Sharing**
- **Caregivers Appreciation** to acknowledge the Value of Caregivers' Role.

# EVALUATION (QUALITATIVE)

## 1. Clients' Positive Experience

"What I learnt from AWWA it gives me **a lot of positive things which I can share with other people.** It's **really helpful** for me."

"I do **enjoy** the groupwork and I have **learnt quite a lot** which I sometimes do practice **especially the part on [knowing each other's space].**"

*"非常棒的体验, 希望课程可以从5天延长到8天"*

["A **fantastic experience**, I hope the programme could increase from 5 to 8 days"]

I never thought of **taking good care of myself** before attending the groupwork!

# EVALUATION (QUALITATIVE)

## 2. Better Emotional Well-being & Coping

*"Activity seperti raisin and pernafasan di kongsiikan dapat membantu saya untuk lebih tenang di rumah bila ada masalah di rumah, saya lagi tenang."*

["Activities like raisin and breathing exercises shared can **help me be calmer** at home. When there are problems at home, I am even calmer."]

"I feel **more happy** and **less angry** after attending the groupwork."

*"我想再一次感谢AWWA也感谢所有的指导员。。。[从分享中我]知道我并不孤单的。。。我也学会了活在当下。。。在负面情绪来的时候，我们可以做深呼吸让自己冷静下来。"*

["I would like to thank AWWA and the facilitators. From the sharing, I know **I am not alone**. I also learnt about **living in the present**. When negative emotions come, we can **do breathing exercise to calm down**."]

## EVALUATION (QUALITATIVE)

### 2. Better Emotional Well-being & Coping (Cont')

"[the breathing exercise] **gives me peace of mind**, when I start work, it's totally relaxing for me."

"...The breathe in breathe out exercise is **good for me to get positive vibes**...[I spent 5 mins to do with my family]..."

*"Saya memang suka dengan aktiviti di kumpulan ini dan dapat rasa gembira balik dan dapat lupa masalah yang kita alami."*

["I really enjoy the activities in this group and **can feel happy again** and **forget the problems** we're experiencing."]

## EVALUATION (QUALITATIVE)

### 3. Better Interpersonal Relationships

The **relationship** with my daughter is **improving** since I attended this groupwork.

“在和家人沟通时，我会运用倾听来缓慢心情。家人也冷静下来，慢慢会接受我的劝说。。。在沟通上没那么激动。”

["When communicating with family, I would **use listening skills to regulate my emotions**. Family would also calm down and gradually accept my advice....**There is less agitation** in communication."]



# EVALUATION (QUALITATIVE)

## 4. Increased Community Participation

- Signing up for activities together with newfound friends
- Creation of new social groups and activities
- Becoming a volunteer
- Sharing of knowledge learnt with others



# ONGOING EFFORTS

Collaborate

- Other AWWA services
- External stakeholders

Develop

- Caregiver ambassadors
- Caregivers' Self-Care tools



# ONGOING EFFORTS

SELF-CARE IS THE BEST CARE

## How Have You Been?

Self-Care refers to the practice of taking action to preserve or improve one's own health. With our hectic and fast-paced lifestyles, it is important for all of us to take a step back and make time for our own needs.

Here are some self-care tips that might be useful for you and your family!



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### 6 SELF-CARE TIPS



#### Social Media Detox

Take a break from using your technological gadgets! Try to unplug 1-2 hours a day or before going to bed so that it does not affect your sleep cycle.

#### Exercise and Rest

Make sure you get enough of both to maintain your physical health and mental wellbeing.



#### Connecting With Loved Ones

Spend some quality time with the people around you.

## Taking Care of You

#### Engage in Activities of Your Interest

Be it sports, art, or photography, do something that you love and excites you! You can even pick up a new skill or hobby.



#### Journal Your Thoughts and Feelings

Penning your thoughts and feelings can be helpful in tracking and gaining control of your emotions.



#### Setting and Achieving Goals

Develop a self-care plan that involves a routine or a list of activities that can help you to achieve the goals you've set for yourself.

Self-Care Tips Card Series 1 [2022]

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*Slow down*



**THANK YOU!**

**Chong Cai Xian, Loh Yun Yu, Winston Lau, Sa'adiyah Bte Abdul  
Teoh Li Li & See Toh Hui Xia**

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