

Strategies for Sustaining Caregiving: Findings from the Caregiver Flourishing Study

6

STRATEGIES FOR CAREGIVER FLOURISHING

PRACTICING SPIRITUAL & RELIGIOUS ACTIVITIES

Including: Meditating, praying, talking to god, reading religious texts and devotional books, involvement at place of worship, or listening to/singing gospel music/hymns



ENGAGING IN CAREGIVING

Including: Spending time with children, keeping busy at work, reminding self of passion for caregiving, involving children in chores/tasks



CULTIVATING TIES WITH OTHERS

Including: Talking to/getting support from a friend or family or colleagues, getting advice or support from others, guidance from elders



FINDING ENJOYABLE ACTIVITIES

Including: exercising, playing sports, watching TV/movies, listening to music, reading books, newspapers, relaxing, dancing/singing working with hands/producing



ATTENDING TO EMOTIONS

Including: Controlling emotions, staying calm, taking time alone/reflecting, cognitive self-talk/self-encouragement, reminding self that has done work well, avoiding stressful situations



SEEKING PLACES OF SOLACE

Including: Visiting places/getting away Doing something nice/positive, doing something else to earn money



We asked caregivers in **India, Kenya, Cambodia, and Ethiopia** what they do to promote positive mental health and vocational sustainability amidst the challenges and joys of caring for orphans and vulnerable children. They identified **Six Positive Mental Health Strategies** as integral.

What is Flourishing?

When people regularly experience positive emotions and also function well as individuals (have meaning, are growing, are productive) and socially (contribute to society, have good relationships).

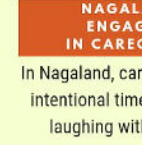


SAMPLE PRACTICES



KENYA: REMOVING FROM WORK

In Kenya, caregivers spent relaxing time away from their institutions; sometimes shopping or doing self-care activities



NAGALAND: ENGAGING IN CAREGIVING

In Nagaland, caregivers spent intentional time playing and laughing with children.



CAMBODIA: EMOTION REGULATION

In Cambodia, caregivers made a point to release intense and difficult feelings.



ETHIOPIA: ENJOYABLE ACTIVITIES

In Ethiopia, caregivers spent time working with their hands, such as gardening and growing flowers and vegetables.



HYDERABAD: RELIGIOUS PRACTICES

In Hyderabad, caregivers spent time reading religious texts and being involved in their place of worship.

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Thank you to our Partners in India,
Kenya, Ethiopia, and Cambodia:



Ace Africa
Developing Communities

In Kenya



HOMELAND
MEATHO PHUM KO'MAH

In Cambodia



In Ethiopia

& Sahara Centre for Residential Care and
Rehabilitation in India

Thank You for Support and Funding :



Thank You for Support:

Positive Outcomes for Orphans
(POFO) Study

More Information at <http://pofostudy.org/>

For Further Information Please Visit:

- ❖ “Why Flourishing?”, essay by Corey Keyes in *Well-Being and Higher Education* (Available in *Well-Being and Higher Education*)
 - ❖ “Caring & Thriving: An International Qualitative Study of Caregivers of Orphaned and Vulnerable Children and Strategies to Sustain Positive Mental Health”, paper by Rae Jean Proeschold-Bell et al., in *Children and Youth Services Review* (Available at: <https://www.sciencedirect.com/science/article/pii/S0190740918307953?dgcid=author>)
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