

List of References



FAMILY CARE

[American Diabetes Association. \(n.d.\). Tools & resources for caregivers.](#)

The American Diabetes Association provides an overview of the “emotional shockwave” felt by family, friends, and loved ones of those living with T1D.

[Benevolent Society. \(n.d.\). Nurturing children.](#)

This visual model of ways to nurture children was the basis for the *Family Care Wheel* in the **Building Your Village: Family Care** document.

[Siblings Australia Inc. \(n.d.\). Ways to support siblings.](#)

Siblings Australia is an organization dedicated to supporting children whose siblings live with a chronic illness or disability. They recognize the complex emotions that can shift from love and protection to resentment and sorrow, and provide resources parents can use to support *all* of their children in expressing their emotions.

ASKING FOR HELP

[Neff, K. \(n.d.\). Exercise 1: How would you treat a friend?](#)

This exercise asks you to imagine offering help and support to a close friend in need, and then asks you to reframe that support in relation to yourself. An exercise in self-compassion, thought experiments like this make it easier to ask for and accept help.

[Sorensen, D. \(2021\). How to ask for help.](#)

This article breaks down the importance of asking for help, and provides practical insights into how to overcome discomfort and effectively communicate your needs to others.

SELF CARE

[Compassion Resilience Toolkit. \(n.d.\). Identifying nourishing vs. depleting activities.](#)

This resource introduces the concepts of nourishing and depleting activities, and offers steps to identify and reframe depleting activities.

[Schwartz, D. \(2021\). The importance of self-care for parents.](#)

This article counters myths of selfish self-care by explicitly framing self-care as an asset for effective parenting.

[Thrive Counseling & Consulting. \(2024\). The ripple effect of self-care.](#)

This article compliments the previous resource by delving into the lasting personal and emotional benefits of self-care, and how those benefits ripple outwards to positively impact “relationships, families, communities, and society at large”.

[Hanson, R. \(2013\). Take in the good - Rick Hanson at chicago ideas week.](#)

Dr. Rick Hanson speaks at the Chicago Ideas Week about the science behind “taking in the good”, an accessible self-care practice of strengthening nurturing moments through mindfulness and pause.

[Bard, E. \(2015\). 45 simple self-care practices for a healthy mind, body, and soul.](#)

Our preference is to promote self care as a negotiation between nurturing and depleting activities, rather than as a checklist of *extra* tasks to compete with your already busy routine. That being said, these truly bite-sized self-care suggestions (which range from “goof around for a bit” to “get down and boogie”) are fun, accessible, and work well as an accent to the broader goal of simplifying self-care.