

Self Care for Caregivers

Use these tips to care for yourself so that you can be there for your loved one



BE KIND TO YOURSELF

Caregiving can be a huge undertaking. Remember that everything is a process, and that you can't do every-



ASK FOR HELP

- Caregiver Groups
- Respite Care
- Online Forums



TEND TO YOUR OWN HEALTH

Don't forget about taking care of yourself. Keep on top of health eating, sleep, and your own medical appointments



BE PREPARED

Know what to expect with your loved one's condition so you can plan ahead for potential needs



LEARN RELAXATION TECHNIQUES

- Visualization
- Meditation
- Breathing
- Progressive