

12 SELF-CARE PRACTICES FOR CAREGIVERS

Caring for yourself is one of the most important and often forgotten thing that you can do as a caregiver. But when your needs are taken care of, the person that you are caring for benefits as well.

- 1** Learn and use stress-reduction techniques such as deep breathing, meditation, prayer, etc.
- 2** Be sure to take care of your personal health care needs.
- 3** Eat for good health and energy.
- 4** Get proper rest.
- 5** Rejuvenate through relaxation by doing pleasant activities such as reading, gardening, or taking a warm bath.
- 6** Find a physical activity that you enjoy, even if it's just for ten minutes at a time.
- 7** Take time off without feeling guilty.
- 8** Look for and accept help from others.
- 9** Remain socially connected and seek supportive counseling when you need to by talking to a trusted counselor, friend or family member.
- 10** Identify and acknowledge your feelings as a personal strength.
- 11** Approach situations in a positive way.
- 12** Give yourself credit for the complex work of caregiving through self-compassion.

“There are only four kinds of people in this world - those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who need caregivers.”

~ Former First Lady Rosalynn Carter