



CARING FOR YOURSELF WHILE CARING FOR OTHERS

TIPS FOR CAREGIVERS



Ask for help. Family members, friends or neighbors can help with errands, household chores and preparing meals.



Seek support from friends you can share your feelings with.



Get adequate sleep (8 hours) as often as you can.



Seek expert help from home health services, psychologists, counselors or other specialists, if needed.

TAKE SOME TIME EVERY DAY TO DO SOMETHING FOR YOURSELF



Take a walk or go to the gym



Call a friend



Enjoy a cup of coffee or tea



Take a meditation or yoga class



Enjoy a night out with friends



Get a massage



Write in a journal



Read a book



Do whatever refreshes and renews you!

Caregivers can request additional information, resources and one-on-one support by contacting Patient Central at 877-272-6226 or emailing patientcentral@pancan.org.