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 a walk or go to the gym

Call a friend

Enjoy a cup of coffee or tea

Get a massage

Take a meditation or yoga class

Enjoy a night out with friends

Write in a journal

Read a book

Do whatever refreshes and renews you!