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CAREGIVERS

TAKING CARE OF YOURSELF WHILE CARING FOR OTHERS

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IMPORTANCE OF THIS TOPIC

- ONE CANNOT TAKE GOOD CARE OF ANOTHER, IF THEIR OWN HEALTH IS IMPAIRED
- RESEARCH HAS SHOWN THAT CAREGIVERS OFTEN DO NOT PRIORITIZE THEIR OWN HEALTH
- ULTIMATELY, IF A CAREGIVER IS NOT TAKING CARE OF THEMSELVES, IT CAN AFFECT HOW THEY FEEL ABOUT CAREGIVING
 - AND, HOW WELL THEY CAN ACCOMPLISH NEEDED TASKS




CAREGIVER BURNOUT

- A STATE OF EMOTIONAL, MENTAL AND PHYSICAL EXHAUSTION
 - NOT ONLY WILL YOU SUFFER, SO WILL THE PERSON YOU ARE CARING FOR
 - TAKING CARE OF YOURSELF ISN'T A LUXURY – IT'S ESSENTIAL!
- 



WHAT IS GOOD SELF-CARE?

- STRESS MANAGEMENT
 - HEALTHY COPING MECHANISMS
 - DIET
 - EXERCISE
 - SLEEP
 - HEALTH MANAGEMENT
- 

DIET

- YOUR BRAIN NEEDS GLUCOSE
- EATING THROUGHOUT THE DAY
- HEALTHY DIET
- AVOIDING FAST FOOD, SUGARY DRINKS, ETC

EXERCISE

- MORE AND MORE EVIDENCE SHOWS IMPORTANCE
- STRESS REDUCTION
- IMPROVED MEMORY
- OTHER HEALTH BENEFITS

SLEEP

- 6-9 HOURS OF UNINTERRUPTED SLEEP/NIGHT
- TRY TO STICK WITH A SCHEDULE – EVEN ON WEEKENDS

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STRESS MANAGEMENT

ASK FOR HELP

- SPEAK UP
- SPREAD THE RESPONSIBILITY
- SET UP A REGULAR “CHECK-IN”
- SAY “YES” WHEN SOMEONE OFFERS TO HELP
- BE WILLING TO GIVE UP SOME CONTROL



GIVE YOURSELF A BREAK

- TURNS OUT, YOU ARE A HUMAN BEING TOO!
 - SHARE YOUR FEELINGS
 - KEEP YOUR PERSONAL RELATIONSHIPS
 - PRIORITIZE ACTIVITIES YOU LOVE
 - GET OUT OF THE HOUSE
 - LAUGHTER
 - PAMPER YOURSELF
- 

WORK ON EMPOWERMENT

- PRACTICE ACCEPTANCE
- KNOW THIS IS A CHOICE
- DON'T LET CAREGIVING TAKE OVER YOUR LIFE
- FOCUS ON THE THINGS YOU CAN CONTROL
- CELEBRATE THE SMALL VICTORIES




APPRECIATION

- CAREGIVERS WHO FEEL APPRECIATED HAVE IMPROVED PHYSICAL AND EMOTIONAL HEALTH
- APPLAUD YOUR OWN EFFORTS
- TALK TO A SUPPORTIVE FAMILY MEMBER OR FRIEND



RELAXATION TECHNIQUES

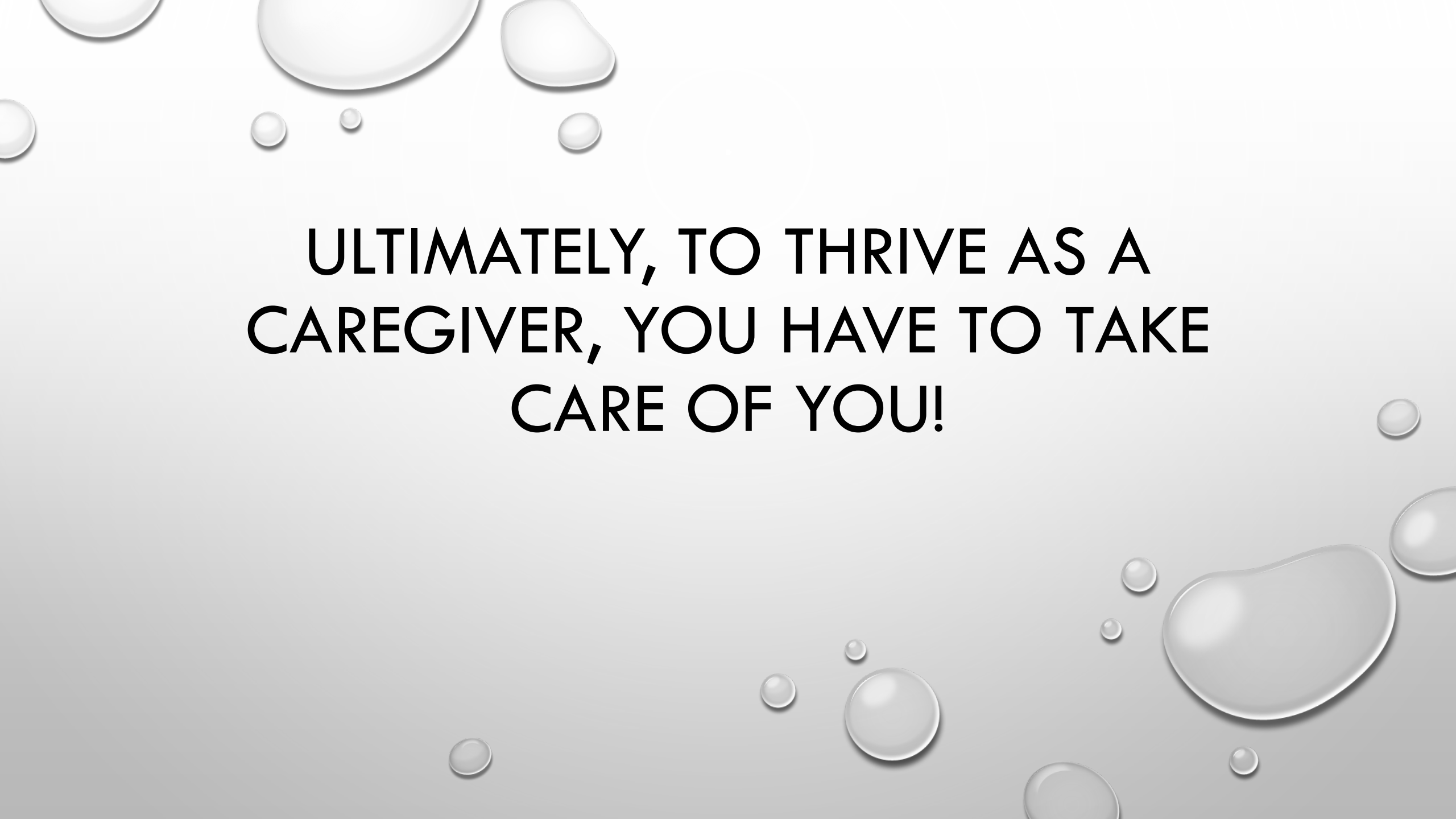
- START WITH BREATHING
 - TRY TECHNIQUES YOU HAVEN'T IN THE PAST
 - GROUNDING
- 



CONSIDER A SUPPORT GROUP

- ON-LINE SUPPORT GROUPS
- IN PERSON, LOCAL SUPPORT GROUPS



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**ULTIMATELY, TO THRIVE AS A
CAREGIVER, YOU HAVE TO TAKE
CARE OF YOU!**