

# **CARING FOR THE CAREGIVER**

## **25 WAYS TO CARE FOR YOURSELF**

1. Let go of guilt
2. Join a caregiver support group
3. Stretch and breathe
4. Get some laughs
5. Talk to someone once a day
6. Get rest
7. Prioritize nutrition
8. Ask for help
9. Start a CaringBridge site
10. Don't be afraid to say "no"
11. Ask for flexibility at work
12. Spend quality time with friends and family
13. Take time for spiritual practices/meditation
14. Keep a gratitude journal
15. Find time for exercise
16. Reduce caffeine intake
17. Listen to music
18. Treat yourself
19. Make time for your hobbies
20. Play with a furry friend
21. Read books
22. Create self-love mantras
23. Consider professional help
24. Don't make self-care another "to-do"
25. Be kind to yourself