

Self-Care for Caregivers

While self-care for caregivers may at times feel like a luxury it is not. Self-care is a priority. We cannot expect to be able to care for others if we are not taking care of ourselves.

Caregiver basics: It sounds so simple, but self-care often falls to the bottom of our to-do list.

- Every day make sure that you are eating well-balanced meals and drinking water.
- Maintain a regular sleep schedule.
- Exercise regularly. Exercise can include going for a brief walk or doing a free online video.

Make time for yourself

- It is important to spend at least a few minutes every day doing something that makes you happy. It could be listening to your favorite song, taking an extra-long shower, or engaging in a hobby.
- Stay connected. It is important that you do not isolate yourself from others. Try to connect each day with a family member or friend via the phone, zoom, or email.

Reframe our thinking

- It is important to be kind to yourself. Ask yourself “What would I say to my friend if they were in this situation?”
- Try to challenge some of your unhelpful thoughts.
- Focus on the small successes of the day or week.

By taking a few minutes each day to practice self-care you will be better able to care for your family and utilize behavioral strategies.