

+ The Monthly Beat | Quick Tip

CARING FOR THE CAREGIVER

If you're a family caregiver, it can be hard to make time for yourself. Prioritizing your health and wellness can help give you the energy and capacity to be a better caregiver.

Source: <https://www.ucsfhealth.org/education/self-care-for-caregivers>

Here are some tips to follow:

- ✓ Take time for yourself and your own needs.
- ✓ Eat a well-balanced diet. Drink plenty of water.
- ✓ Exercise by taking short walks daily or at least three times a week.
- ✓ Listen to guided relaxation recordings or relaxing music.
- ✓ Schedule short rest periods between activities.
- ✓ Make it a priority to get a good night's sleep.
- ✓ Set limits for what you can do.

REMEMBER, YOU ARE NOT ALONE!

If you're feeling overwhelmed by caregiving, reach out to a trusted friend or mental health provider.