

Caregiver Support



Take Care of Yourself

- Practice good self-care
 - Sleep
 - Exercise
 - Nutrition
- Stay connected to others
 - Friends
 - Spiritual/religious practices
- Practice relaxation techniques
 - Breathing practices
 - Stretching
 - Meditation



Take Care of Yourself

- Group discussion
 - What things help you cope and take care of yourself?

Take Care of Yourself

- Keep a thank you book
- Crafts
- Walk outside, observe nature
- Pray
- Laugh
- Don't apologize for having whatever feelings you feel
- Don't take things personally
- It's the disease, not the person
- Live in their reality
- Release your feelings, even if you have to swear!
- Take joy in small accomplishments
- Build a support network
- Ask for help!

Take Care of Yourself

- Don't deny the gift of 'help'
- Allow yourself to be grateful
- Overcome guilt

Q & A