



## **Self-Care for You, the Caregiver**

### **Emotional Wellness**

- **Journaling**  
Write down thoughts, feelings, and frustrations. It's a safe outlet for emotions.
- **Phone a Friend**  
Reach out to someone who understands and will listen.
- **Join a Support Group**  
Share experiences and gain support from others who are walking a similar path.
- **Accept Help**  
Allow family, friends, or volunteers to assist with errands or caregiving tasks.

### **Treat Yourself**

- **Take a Break**  
Sit quietly with a cup of tea or coffee.
- **Indulge in a Treat**  
Enjoy your favorite snack or dessert without guilt. Self-care isn't selfish!
- **Move Your Body**  
Stretch, go for a solo walk, or dance. Moving your body can lift your spirits.
- **Guided Meditation or Breathing Exercises**  
Take a few minutes to relax and reset.
- **Stretching Breaks**  
Short, regular stretching to prevent tension.
- **Creative Outlets**  
Try adult coloring books, crafting, or photography.
- **Personal Development**  
Listen to audiobooks or podcasts during downtime.