1. Eat Healthy Meals Regularly
Caregiving is hard on the mind & the body. Keep your body & mind healthy by replenishing your strength with nutritious meals. Be sure to include lots of fruits & vegetables, which will provide antioxidants to protect your health.

2. Stay Hydrated
It's important to make a conscious effort to drink water! Adequate water helps keep your mind clear. Although it's tempting to opt for more caffeinated & sugary beverages to help keep you going – water is by far the best option!

3. Sleep & Rest Regularly
Making sure you get some sleep – or at the very least a little rest – gives your body a break from stress. Adequate rest is critical for keeping you in good health.

4. Make time for Exercise
Exercise is an incredible way to help relieve stress – not to mention it's just plain good for you! Even something as simple as going for a walk outside at a gentle pace will do you a world of good. If you can't go outside, walk up and down the hall – anything to get your heart pumping.

5. Ask for & Accept Support!
Let family & friends know how they can help you. People are often very eager to help during difficult times. Accept the support that is offered by your friends & family. If you feel like you need to – don't be afraid to seek professional support from a counsellor or a spiritual care advisor.

6. Give Yourself A Break
Give yourself permission to take some YOU time, away from the bedside of your loved one, especially when you're feeling overwhelmed or exhausted. Although you might be reluctant, a little R&R can dramatically help ease your stress levels and renew your energy.