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## SELF-CARE TIPS FOR

# Caregivers



### 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.



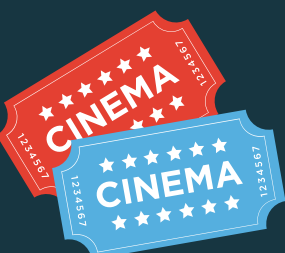
### 4. Make time for Exercise

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.