



Caring for Yourself, Too (Tips for Caregivers)



Overview

You're the caregiver for a family member or friend. You deal with pressures that most people don't understand. You've put your own life plans on hold. You may feel exhausted, overwhelmed and even frustrated or angry. But it's important to remember to take care of yourself, too. Here are some simple things that can make a difference.

Stay social and active

First, stay social, and stay active. Don't let yourself be isolated. Make sure you visit with others regularly. Talk with your friends. Don't neglect hobbies you enjoy. And schedule regular breaks for yourself, including an extended break at least once a week.

Eat right and exercise

Next, focus on a healthy diet. Eat fresh, and stay away from junk food. Get some exercise every day. Take walks, do yoga, or do other exercise that makes you happy. You'll feel better, and you'll be healthier.

Pay attention to your emotions

Don't neglect your emotional health. Keep a journal about your feelings. Watch for signs of depression. If you are depressed and this feeling doesn't go away, tell your doctor or someone you trust so you can get the help you need.

Know your limits

Finally, know your limits. Be realistic about how much time and energy you can give. You need to make time for work and for yourself. Be clear with others about this. Are there services that can help you? Can other family members or friends help in some way? If you need help, ask for it. You're a caregiver, but your needs are important, too.