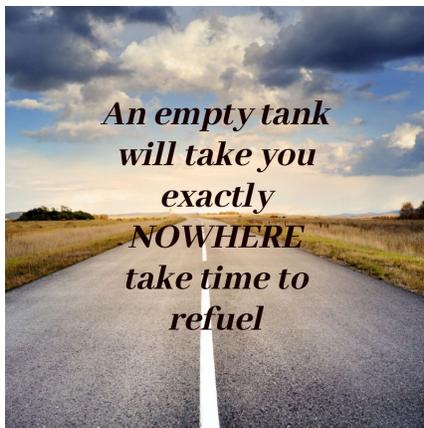


*Through every stage of life, caring for yourself is one of the most important things we can do for your health and wellbeing. It is also the first thing that gets displaced when things change – especially when we are caregivers. The combination of loss, prolonged stress, the competing priorities and physical demands of caregiving can affect your vitality. However, when you take time to take care of your own needs, the person you care for benefits too.*

## Self Care

Self-care is any activity that you do deliberately in order to take care of your mental, emotional, and physical health.



## When Is It Time to Take a Moment for Yourself?

- When you are feeling stressed and overwhelmed.
- When you are not sleeping well and feeling tired.
- When you are feeling irritable and angry.
- When you are tearful and feeling sad.
- When you are experiencing an increase in headaches and body aches.
- When you are using unhealthy coping mechanisms such as alcohol.

## 5 Simple Self-Care Activities

### Get Support

Let others know what you need and how they can help. Accept help when offered. Consider joining a support group.

### Take a 5-Minute Holiday

Enjoy your morning coffee or tea. Look at the sky out the window. Read a few pages in your favorite book.

### Journal Both Your Sorrow and Gratitude

Allow an opportunity to identify reasons you are grateful, as well as express the difficult moments you encounter.

### Make Time for Your Hobbies and Fun Activities

This might include drawing, coloring, reading, knitting, cooking, baking, woodworking, walking, or any other enjoyable activity.

### Make Time for Your Faith

If this is part of your journey, allow time for prayer, attend church and engage in activities with your spiritual community.