



Self-care tips for caregivers

Caregiving can be very rewarding, but it can also be stressful, exhausting or frustrating at times. When these feelings build up over time, it can lead to caregiver burnout.

Caregiver burnout (n.):

a state of physical, emotional and mental exhaustion



You may be so focused on your loved one that you may not realize your own health and well-being are suffering. But remember, you can't pour from an empty cup—that's why it's important to also take care of yourself while caring for your loved one.

Self-care tips to help you manage stress and avoid burnout:



Get regular physical activity—Moving your body is a great way to relieve stress and increase energy.



Focus on the positive—Remind yourself of the good things that have happened and give yourself credit for everything you're doing.



Ask others for help—You don't have to do everything on your own. Ask a friend or relative to fill in for you for a few hours so you can have some time to yourself.



Set realistic goals for each day—Break large tasks into smaller steps to tackle one at a time. Set a daily routine, prioritize tasks and then check them off your to-do list.



Do something you love—Whether it's painting, singing or watching your favorite show, make time for the things you're passionate about.



Practice journaling, meditation or yoga—These activities can help you express your feelings in a healthy way and learn relaxation techniques.



Take care of your own health—Meet with your doctor for regular check-up appointments, maintain a healthy diet and establish a good sleep schedule.



Nurture positive relationships—Talk to or meet up with friends and family members who can offer emotional support.



Join a support group—A support group can provide validation, encouragement and a listening ear from people who understand what you may be going through.



Consider short-term (respite) care—In-home services, such as a home health aide or an adult day center, can help take care of your loved one temporarily.

Find more information and resources at

[ThisIsLivingWithCancer.com](https://www.thisislivingwithcancer.com)