

## 10 self-care tips for caregivers



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### *Self-care tips for caregivers*

Caring 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.

Find tips on the next page to take on the go or keep nearby as a daily reminder.



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