

***Most caregivers do an outstanding job of caring for their loved one. However, many of them do not take any time for themselves to relax or do anything pleasurable. This can cause them to become physically, mentally, emotionally, and spiritually depleted.***

***It is essential that caregivers take time to refresh, refill and renew themselves, in order to continue caring for their loved ones in the best way possible. The following is a suggestion on how to ensure that you take regular time for yourself.***

***When my stress level is high and I feel 😞, I can choose two activities from the Pleasurable Activities list.***

***My goal is to rest, renew and refresh myself.***

***I will plan a time during the day that I can do one of these activities, for instance, I will read a book this afternoon.***

***I will write my planned activities on this list.***

***My  
Refresh and RENEW ME Activity  
list***

***Monday*** \_\_\_\_\_

***Tuesday*** \_\_\_\_\_

***Wednesday*** \_\_\_\_\_

***Thursday*** \_\_\_\_\_

***Friday*** \_\_\_\_\_

***Saturday*** \_\_\_\_\_

***Sunday*** \_\_\_\_\_

***Taking time for me makes me feel***

