

# Self-Care Guide for Caregivers

## EXAMPLES OF SELF-CARE

- Step outside for fresh air
- Take a short walk
- Call a friend
- Attend a support group
- Practice deep breathing or meditation
- Listen to music or read
- Enjoy a hobby
- Prioritize sleep
- Eat regular meals and stay hydrated
- Schedule intentional time away from caregiving

## SIGNS OF BURNOUT

- Constant fatigue
- Sleep problems
- Feeling emotionally detached
- Increased anger or frustration
- Withdrawing from others
- Ignoring your own health needs
- Feeling like you've "lost yourself"

## CONNECT WITH US:

 800-543-8312

 [caregiveroc.org](http://caregiveroc.org)

When your days are centered on another person's needs, it's easy to put your own on the back burner. That's where a **self-care plan can help**. Think of it as your personal roadmap - a way to protect your energy, reduce stress, and remind yourself that your well-being deserves care, too.

1

### **Check in with yourself.**

*Caregivers often become so focused on others that they stop noticing how they are doing. Taking time to honestly evaluate your physical, emotional, mental, social, and financial well-being can help you identify stress before it becomes overwhelming.*

2

### **Set small, realistic goals.**

*Self-care does not have to be complicated or time-consuming to be effective. Small, manageable actions can make a meaningful difference when practiced consistently. Instead of trying to completely overhaul your routine, focus on realistic goals that fit naturally into your daily life.*

3

### **Build your support network.**

*Caregiving is not meant to happen alone. Support may come from family members, friends, caregiver support groups, faith communities, respite providers, or professional services.*

4

### **Put your plan in writing.**

*Writing down your self-care goals can help turn intentions into habits. Whether you use a calendar, checklist, phone reminder, or journal, creating a written plan helps make self-care more visible and actionable.*

5

### **Adjust as needed.**

*Life as a caregiver changes all the time, and your self-care plan should change with it. What works today might not work a few months from now, and that's okay.*