



CAREGIVER SELF-CARE GUIDE

4 TIPS TO HELP AVOID BURNOUT

We know that caregiving can present many challenges. As you care for your loved one, be sure to monitor your own well-being and watch for signs of burnout. Here are a few tips to help.



1. TAKE CARE OF YOURSELF

Try to find time to exercise, get plenty of sleep, and be mindful of your emotional well-being. Consider keeping a journal to write down positive thoughts that can keep you motivated.



2. ASK FOR HELP

Whether it's a loved one or a medical professional, don't be afraid to ask others for a little assistance.



3. HAVE FUN

Spend time on a favorite hobby, watch a funny movie, or pursue other activities that bring you joy.



4. STAY ORGANIZED

Give yourself one less thing to remember by making to-do lists and creating routines for your everyday responsibilities.