



# Self Care for Caregivers



**HAVE A DESIGNATED AREA TO SLEEP.** Always get some rest when the person you are caring for goes to sleep. Have enough sleep so that when they wake up you are energized enough to give them your full attention.



**SNACK WHENEVER YOU CAN.** Since you may not have enough time to sit and have three full meals when caring for your client. Snack throughout the day on foods with high sugar or fat content. Have snacks that you enjoy eating and also add some fruit and lots of water.



**ENOUGH TIME OFF.** On your days off, get enough rest so that when you go back to work you are not fatigued. Also do some activities that you enjoy like meeting with friends or watching a movie because these activities are therapeutic.



**EXERCISE.** Being physical active helps reduce stress as well as help maintain a healthy body weight. This is very important because it keeps your blood pressure and cholesterol levels at healthy levels.



**COMMUNICATE YOUR NEEDS AND THOUGHT IN A KIND AND CONSTRUCTIVE WAY.** You can write down your feelings and opinions before telling the people around you because this helps you to reflect your thoughts and it gives you time to think about speaking your mind in a respectful manner.