

imaavy with Me

Caregiver's Guide to Self-Care



As a caregiver, you know how to take care of others. But it can be hard to find time for yourself. To care for someone else, you need to care for yourself first. Find tips to manage your emotional, physical, and social well-being below.

Treat yourself as well as you treat others



Emotional well-being

- **Check in with yourself.** Every day, you can reassess how you're feeling. To help work through these feelings, try journaling or talking with a loved one.
- **Be gentle and treat yourself with kindness.** Making this a habit can take some time. Find a helpful phrase you like that you can write or repeat to yourself daily.
- **Take a break.** Set aside some time to focus on your own hobbies and interests.



Physical well-being

- **Add physical activity to your daily routine.** If you're driving somewhere, park a little farther away than usual. You can also try stretching before bed.
- **Care for yourself the way you'd care for someone else.** Making sure you eat, stay hydrated, and get where you need to go is important. Do for yourself what you do for others.



Social well-being

- **Be specific when asking for help.** Choose one or two tasks that you've got on your plate. Ask someone else if they can get them done for you. Tell them exactly what you need so they can help you.
- **Join a caregiver support group.** Listen to stories from other caregivers, or you can share your own. You can find groups both online and in-person.

Taking the first step

Ready for self-care? Set a 10-minute timer to get started on one of the tips above. When you invest in your own well-being, you can care better for others.

Learn more at [IMAaVYwithMe.com](https://www.imaavywithme.com)