

TIPS FOR SELF-CARE

- Use positive statements that identify simple accomplishments: “I am good at sorting his meds” or “I can exercise 15 minutes today”.
- Recognize warning signs (irritability, sleep problems, forgetfulness).
- Identify some sources of stress (too much to do, inability to say no).
- Remember: we can only change ourselves.
- Take time for simple activities (water flowers, read a great book, have a friend over, meditate, pray, take a bubble bath).
- Keep a Journal of things for which you are grateful.
- Seek solutions: Identify a problem, list solutions, get opinions.
- Make appointments for personal physical checkups.
- Take special “me” time at least once a day or once a week.
- Communicate constructively: Use “I” messages, be clear, specific, and listen.
- Exercise: Short walks are a great start, or try Yoga or Tai Chi.
- Work on a fun craft (color, bake, create a vision board).
- Maintain good grooming.
- Call someone especially someone who told you to reach out.
- ASK FOR HELP!