



10 TIPS FOR CAREGIVERS

From those who've been there & done that

1 CREATE TIME FOR R&R

Rest and relaxation is a must! Make time to walk, read, take a soothing bath, or just nap.

2 ID YOUR LIFESAVERS

Identify your "lifesavers" - those who will throw you the rescue ring when you need it!

3 SMILE & LAUGH

Find things that make you smile. Humor is healing and can help you get through it all.

4 WRITE THINGS DOWN

Keep a journal or notebook handy and use it.

5 LET IT FLOW

Allow your emotions to flow. What you resist will persist. Release your emotions in a healthy way.

6 GET MOVING

Move a little every day. Take a walk. Do some yoga. Go for a jog. Exercise with friends.

7 ASK FOR HELP

Share the load - ask for help. Show your gratitude and thank those who are supporting you.

8 GET CREATIVE

Do some crafts. Pick up a paint brush. Get in the garden and plant some flowers. Create something of beauty.

9 TURN ON SOME TUNES

Music is medicine. Create a playlist that helps you relax, makes you happy or inspires you to move or dance.

10 SCHEDULE SELF-CARE

Make an appointment for a massage, facial, or mani-pedi. Get away for a bit and let someone else pamper you.

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