

# 11 Things You Can Do to Support Yourself in Your Caregiving Role

1. **Seek support** from other caregivers. You are not alone!
2. **Take care of yourself** so you can be strong/healthy enough to take care of your care partner/someone else. Schedule daily movement/exercise to maintain your physical and mental health.
3. **Accept offers of help** and suggest specific things that people can do to help you. Make a list of both small and big ideas.
4. **Take frequent respite breaks**—caregiving is hard work!
5. **Watch for signs of anxiety and depression**, and don't delay in getting professional help when you need it.
6. **Be open to new technologies** that can help you care for your care partner/someone else.
7. **Give yourself credit** for doing the best you can in one of the toughest jobs there is.
8. **Practice relaxation**, meditation, deep breathing, and/or guided imagery techniques.
9. **Engage in the creative and expressive arts**, such as writing, drawing, music, dance, etc.
10. **Reach out to a religious or spiritual leader** or someone from your faith community.
11. **Contact Lyngblomsten Community Services** to get connected with our caregiver support groups, respite services, and wellness classes!

