

Basic Self Care Suggestions



Take a break - If it is too exasperating, walk away for a moment. Go outside, breath deep. Give it a minute. Try another activity. Come back to it later.

Get help - No one can do it all alone, all the time. Develop a circle of helpers who can spell you, even with one tiny activity.

Find Support - You need to talk, to express your frustration and ventilate your emotions. Even a short phone conversation can help.

Meditate - The breath is key to relaxing. Take 2 minutes to sit comfortably, relax your jaw and slow your breathing while focusing on something pleasant.

Unplug - Turn off everything electronic, cell phones, computers, televisions, and do fewer things at once.

Strive for Balance - All work and no play will make you sick. Leave what you can until tomorrow.

Indulge - You have to restore yourself. Get a neck massage or a manicure, cut some fresh flowers to bring indoors or take a moment to feel some sunshine on your face.

Hire it Out - If you can, try hiring out for help with some of the chores Your health and well-being are more important than money.

Prepare to the Fullest of Your Capabilities - Prepare your living environment with every strategy you can to make behavior, safety and daily living easy. Learn all the tricks the professionals use about lifting, transferring, feeding, bathing, dressing, toileting and other tasks of caregiving. Take caregiving classes and find the easiest way to do things.

Know the Community Resources - Several phone numbers now belong on your speed dial. Know what help and financial support your loved one is entitled to and enroll them in all available programs that would benefit their condition.