

Care For You, Too



Are you a caregiver for children, aging parents or for both?

If so, your own self-care may drop to the bottom of your daily "to-do" list. But, no matter how hectic life gets, show yourself some self-compassion and take care of yourself, too.

- You also need to fuel your mental and physical energy to best care for loved ones.
- Make sleep a priority. Set yourself up for 7-9 hours of quality sleep.
- Make healthy food choices (most of the time) and drink plenty of water.
- Find healthy ways to manage stress. Include some regular "me" time.
- Schedule health appointments and stay up to date with recommended health screenings and vaccines.

