



Health and Wellness
Tip of the Week
Week 45 – November 4, 2019

Cultivating Healthy Caregivers

Family caregivers take on a lot for their loved ones. It’s important for caregivers to remember to take care of themselves along the way. Finding time during daily care can be hard, but try to find the time to do a few things for you:

- Maintain your own interests and hobbies
- Don’t forget to spend time with your friends
- Allow yourself to not be perfect – set practical expectations
- Take a break – they’re essential
- Exercise often and eat well

To give your loved ones the best care, you need to be at your best. Remember to take care.

Source: Centers for Disease Control and Prevention