



FAMILIES
FOR HOPE

Give and Take for the Caregiver

As caregivers, we often “give.” However, don’t forget that sometimes we need to “take.” Here are a few reminders:

TAKE ONE DAY AT A TIME

There are times when circumstances become so overwhelming that we must simply take things one day at a time and direct our attention to this day, this hour and this moment.

TAKE CARE OF YOURSELF

Most caregivers neglect their own healthcare because they are overly concerned with their loved one’s health needs. Take time to take care of yourself and don’t neglect your yearly check-ups. If you don’t take care of yourself, no one will.

TAKE RELAXING BREATHS

Sit or stand in a relaxed position. Slowly inhale through your nose. Slowly exhale through your mouth. Repeat.

TAKE WALKS

Take a walk outside to enjoy nature and get a little fresh air. If you don’t like walking alone, invite a friend or neighbor to join you. Any type of exercise will help to relieve stress, pick one that you enjoy.

TAKE IN A MOVIE

Make it a comedy. Laughter really is the best medicine. It suppresses the release of stress-related hormones in the brain, relaxes muscles, enhances respiration and circulation, and even oxygenates our blood, which allows us to think more clearly. Create a library of funny movies, and use it when you need a laugh.

TAKE PICTURES

Don’t forget to capture the moments and memories. Take photos of the people you love or the things you enjoy. When you’re feeling low, pull out those photos and reminisce.

TAKE A BATH

Although it might be a habit to rush in and out of the shower each day, don’t forget to take time to enjoy a warm bath on occasion. Consider aromatherapy, relaxing music and candles. Or, take a little extra time for a manicure and pedicure.

TAKE A BREAK

If you think you need a break, you probably do. Take it and realize you deserve it.

Caregivers need to take time for themselves in order to be able to give completely when needed