

11 Caregiver Tips:

- 1- Know your limits. It is important to remember that you are only one person and there is only so much that you can do. Try to focus on what you can do and accept the things that you can't.
- 2- Prioritize.
- 3- Don't compare yourself.
- 4- Confront your feelings. [Accept] any negative feelings that you have. You are not alone in feeling this way. It is a normal reaction. Having negative feelings does not mean you are a bad person, and being aware of your feelings may make it easier to deal with them and move on.
- 5- Talk about things. Talking is often the first step to dealing with your emotions. It may seem like a small thing, but it can make you feel less isolated and stressed, and it can help to put things in perspective. If you feel that you are really struggling, speak to someone as soon as possible.
- 6- Talk to other caregivers.
- 7- Involve family and friends . You may find involving family and friends helps to give you a break and reduce some of your stress.
- 8- Ask for help.
- 9- Think positively. Pick out and focus on some of the positive aspects of caring and supporting someone, such as your commitment to the person you care for, and your fondness for them. Think about your relationship with them and the fact you are there for them and are helping them enormously.
- 10- Focus on the good things. Sometimes it can be hard to see the positive things that you are achieving in your caring role. Writing things down even small things, such as a shared joke might be useful. When you are having a difficult day, these things can remind you of the good you are doing and that there will be better times.
- 11- Take a break.