**Caregiver Tips**

*Here are a few simple yet powerful tips for how to care for **YOU**, the caregiver.*

- Make sure that you are having your annual wellness visits.
- Talk to your personal healthcare provider and let them know that you have taken on the role as primary caregiver for a loved one. Is important that they understand the stress that you may be facing, if not now at some point in the future. You want to be able to pick up the phone to your provider and say that you need some assistance. At the moment of crisis, it is not ideal that you would explain your situation.
- Carve out some time, regardless of how limited it may be, each day so that you can focus on yourself. Perhaps during that time you may take a short walk, listen to some music, meditate or exercise. This is something that is solely for your physical and mental wellness.
- **Don't be a superhero!** It is important to build a support system for you and your loved one. It is important that others within the family and friend network understand the role that you've taken on so that they can support you in your time of need.
- Make sure that you're eating well. You are either currently or about to embark on something that will test you both physically and mentally in ways that you probably have never been tested before. It is very important that your body has proper nutrition to help you weather the storm.
- Find a support group. You may feel that you don't need one because you have friends and family that you can talk to. But believe me there is nothing more powerful than being able to connect with others who understand the daily challenges that you face.